
GLAMOUR
The Beauty Issue!
337 Ways To Own Your Look
From fresh-faced to full-on glam
The New Power Models
Natalia Vodianova
blazes her own trail
Instant Inspiration
The youngest self-made female billionaire shares her secrets
Is Everyone Sexting Without Me?
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Generation Tipsy
How to know if you're drinking too much
+
24/7 Fashion
Spring Outfit Ideas
For work, for nights out, for denim days
April 2015


Edie Campbell

YSL

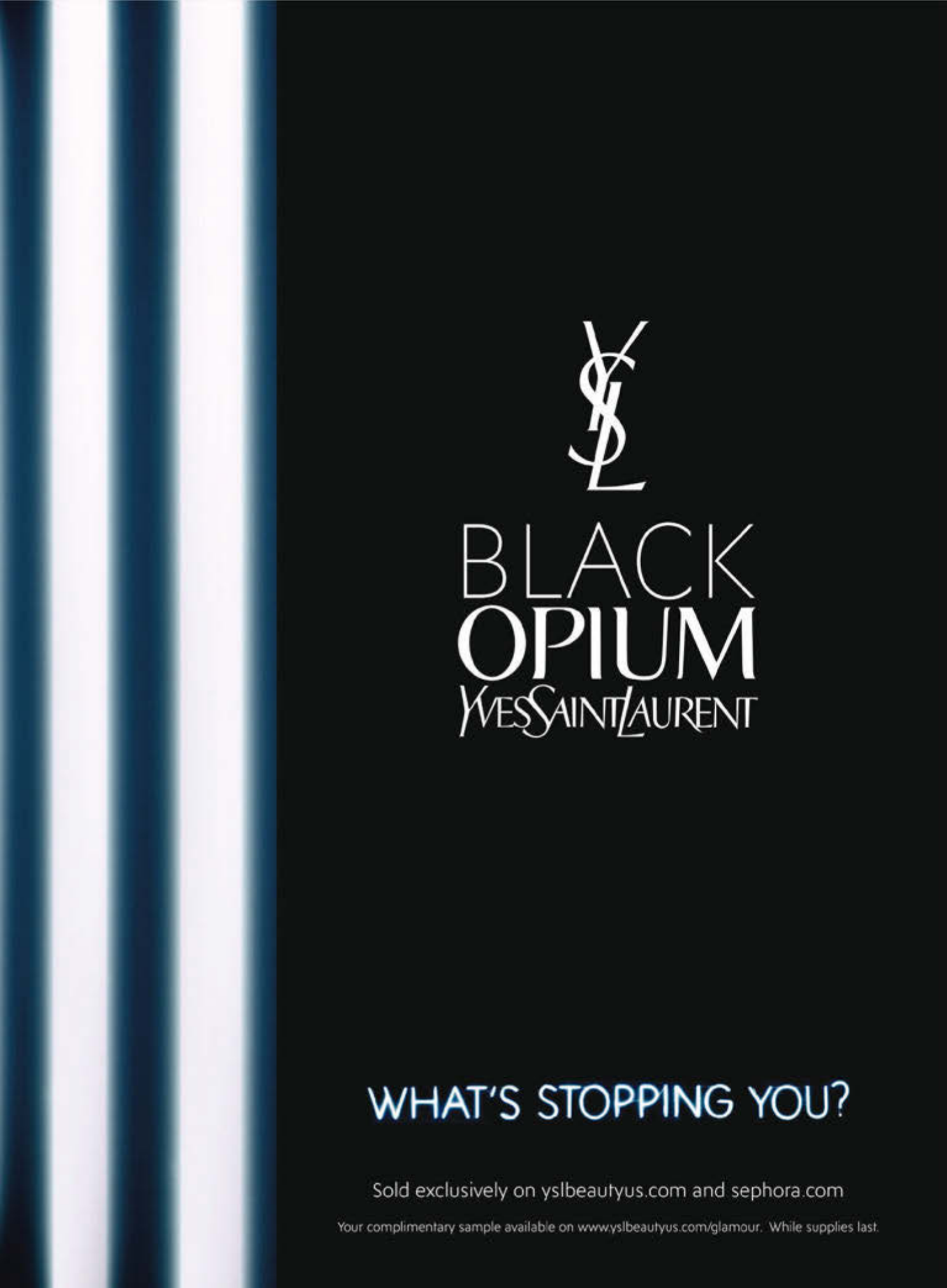
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Natalia Vodianova: cover star and all-around inspiring woman

Prada dress, earrings, heels. **Rochas** socks. **See Glamour Shopper for more information.**

PATRICK DEMARCHELIER

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ON OUR COVER Natalia Vodianova was photographed by Patrick Demarchelier in New York City. Fashion editor: Jillian Davison; hair: Teddy Charles for Art + Commerce; makeup: Fulvia Farolfi for Bryan Bantry Agency; manicure: Rieko Okusa for Guerlain; set design: Jill Nicholls for Brydges Mackinney. Dior dress, earrings, rings, cuff. For Vodianova's fresh look, try Guerlain Météorites Baby Glow Light-Revealing Sheer Make-Up ($54), Ecrin 4 Coleurs in Les Nuées ($65), and Météorites Perles de Blush ($53, all at saks.com); and Garnier Fructis Full & Plush Voluptuous Blow Out Blow Dry Bodifying Treatment ($6, at drugstores). See Glamour Shopper for more information. Shop Vodianova's look on page 52, and read all about her on pages 218 and 257.

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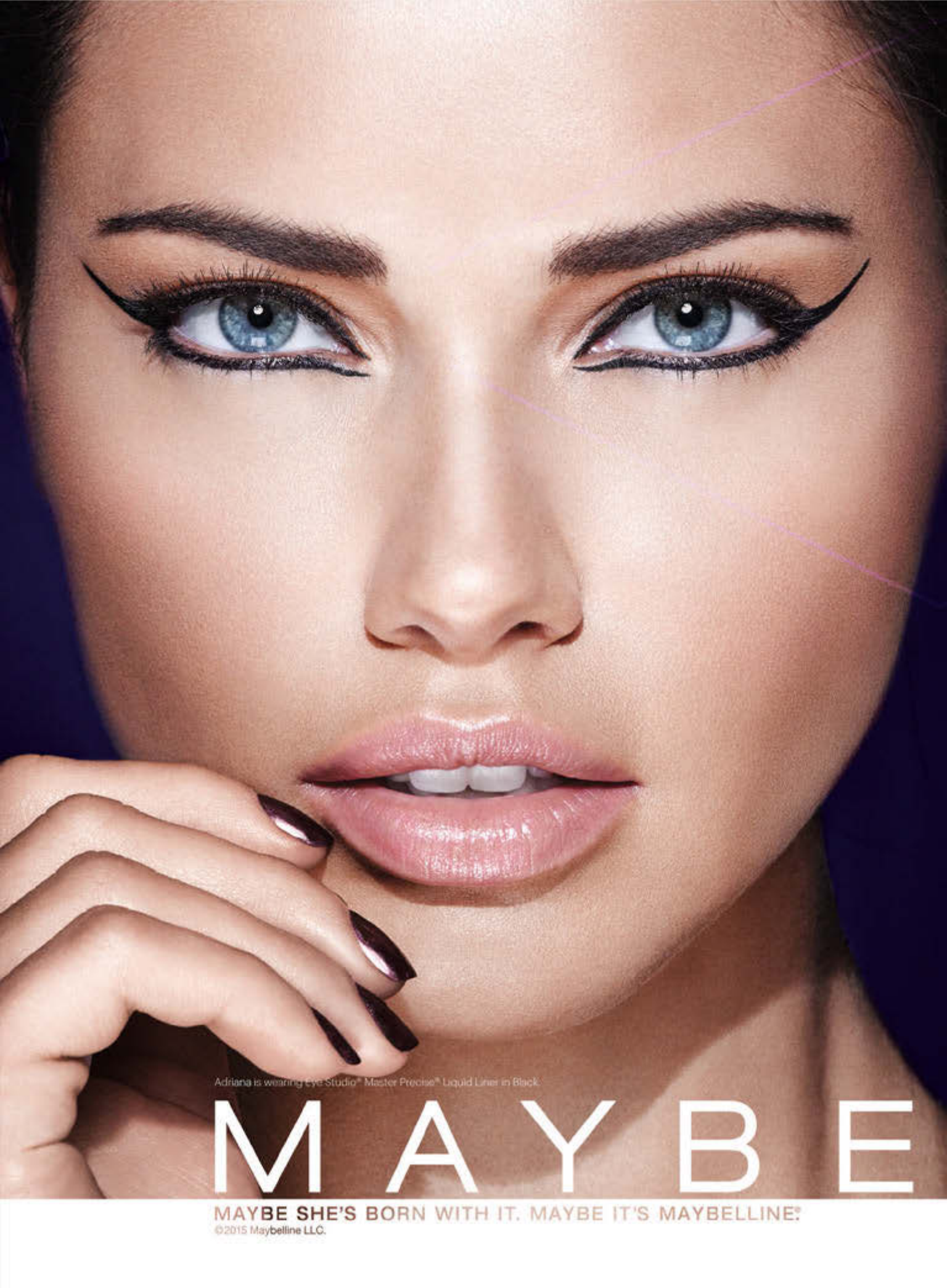
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On my list? This beautiful room... It's the *Glamour* lounge in our new World Trade Center home. Jonathan Adler, below, prettified it for us. *So* into it.

What's Beautiful to *You* Right Now?

To kick off our Beauty Issue, a few of my obsessions-du-month

What, or who, is beautiful to you right now? I'm betting that the answers you all come up with are as varied and diverse as what I see in your Instagram feeds (sunsets! Shih Tzus! the perfect red lip!). And so are mine: Among the many things I find beautiful this minute, in addition to the gorgeous items on this page? Orangey-red lipstick. Slightly disheveled updos. Actresses who actually (gasp!) have lines around their eyes. The burger at The Polo Bar in New York City (and I don't just mean it's yummy; it's actually *beautiful*—it glistens). The light at sunrise over lower Manhattan. The look, and smell, of fresh peonies (any day now!). My kids' smiling faces, always. Green-gray nail polish. Long straight hair...but also short, choppy dos. Extravagant cat eyes...but also an #Iwokeuplikethis face.

In other words—as the story on page 246 says—there are no rules these days, and this is a very good thing. Our mothers grew up in a world of shoulds: If your hair was kinky, you should straighten it. (My own mom got so tired of wrestling with her frizz, she wore a wig!) If your skin was pale, you should suntan it. If you were this, you should be that; if you were that, you should be this—and so on and so on and so on. For one brief moment in eighth grade, I was convinced my bumpy nose required fixing. Now I'm *into* my bump—thank God that moment passed.

So: In this issue's beauty pages (edited by *Glamour*'s whip-smart Ying Chu), you'll find ideas for *whatever* it is you're going for, from Gwen Stefani platinum hair color (page 133) to natural curls (page 157) to true glam-squad makeup (page 119). You'll meet innovators, get ideas, and solve problems. And you'll find no rules of any kind, other than: Just do you.

Always the best policy.

Cindi Leive, editor-in-chief
@cindi_leive



This mascara... My beauty pet peeve is mascara that smears, and this one never, ever does. I own eight tubes. **Kevyn Aucoin** The Volume Mascara ($28, neimanmarcus.com).



This precious girl... She grew up to be the phenomenal actress Viola Davis, whose astonishing personal story you'll read on page 242. Gorgeous inside and out.



These brows... So many women—from Cara Delevingne, left, to cover girl Natalia Vodianova—tell *Glamour* they once wanted to get rid of their full brows. *No!* Perfect as is. #eyebrowsonfleek



...and this statue I'm so proud of our team for winning a 2015 National Magazine Award for General Excellence. And thank you, beautiful readers, for reading!



Giveback Two women in this issue—cover star Natalia Vodianova, page 217, and model Jacquelyn Jablonski, page 246—each have a sibling with special needs, and are working to help families in similar circumstances. So for this month's act of generosity, you can support Natalia's Naked Heart Foundation at nakedheart.org; or read about Jablonski's upcoming project, Autism Tomorrow, on page 258. Or consider Brittany's Hope, a foundation that helps families in the United States adopt orphaned children with special needs from overseas, like Bereket from Ethiopia, near left with her new sister. "The more we can enlighten people that these children are worthy too, the more our work matters," says Candace Abel, who founded BH after she lost her own adopted daughter, Brittany, in a car accident. Get involved at brittanyshope.org—100 percent of proceeds go to the cause.

LEIVE AND ADLER, **WINNIE AU**; MASCARA: CONDE NAST DIGITAL ARCHIVE; DAVIS: COURTESY OF SUE RECHEVKIN; GIVE: ANTHONY HARVEY/GETTY IMAGES; NATIONAL MAGAZINE AWARD: COURTESY OF MPA. GIVEBACK: CHRISTINE LEVAHN/BRITTANY'S HOPE

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*Source: The NPD Group, Inc./BeautyTrends®, U.S. volume sales in prestige retail, YTD September 2014, Makeup by Laura Mercier for Laura M... †While supplies last.

What Advice Would You Give to Your Younger Self?

This month's contributors have learned some lessons!



"Maybe don't have another sandwich?"

—James Corden, actor, comedian, and host of The Late Late Show, *who dispenses life advice in "Dear American Women...," page 244*



"I'd live by this quote from Goethe: 'Whatever you can do, or dream you can do, begin it. Boldness has genius, power, and magic in it. Begin it now.'"

—style star and environmentalist Lily Kwong, above, who writes about ethical fashion in "Why Going Green Is Chicer Than Ever," page 102



"Don't worry. Everything will work itself out."

—photographer Sebastian Kim (here with wife Marina and son Blaise), who shot "Date Night!" on page 236



"Don't stress about what other people think! Mostly they're thinking of themselves...and what they're having for lunch."

—writer Anna Davies, below, who writes about alcoholism on page 178



"I'd try cutting back on all the soda and dairy before abusing so many acne prescriptions. But it's all part of the cosmic process, right?"

—writer and The Hairpin founding editor Edith Zimmerman, left, who road tests beauty tutorials in "Make Me Over, YouTube," on page 144

CORDEN: PAL HANSEN/CONTOUR BY GETTY IMAGES. KIM: SEBASTIAN KIM. DAVIES: ANNIE DALY. ZIMMERMAN: MEGHANN GREGORY PHOTOGRAPHY. KWONG: CANDICE LAKE/BLAUBLUT EDITION/TRUNK ARCHIVE

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Gutsy Girls? You Approve.

You loved cover star Allison Williams' confident outlook, and the rest of the February issue got you talking. Debate away!

Pretty sure Allison Williams is my spirit animal after reading this month's @glamourmag! #yestoambition #confidence. *—Allison Shook, via Twitter*

I really enjoyed the smart and insightful interview with Allison Williams. I loved her Peter Pan performance and wanted to get to know her better—thank you for making her your cover girl! *—Nicole Hrbek, Clermont, Fla.*

It's official: We want to be besties with Allison Williams. *—@byrdiebeauty, via Twitter*



"Not just my kind of 'girl'—but a real lady too," tweeted Lee Woodruff about cover star Allison Williams.

Welcome to Washington, Congresswoman!
As a conservative woman, I want to thank you for the article on Rep. Elise Stefanik (R–N.Y.) and for doing your best to represent all women, regardless of political beliefs. *Glamour*, we may not always see eye to eye, but I always love reading the magazine, and I love your diversity. *—Chantell Snyder, Cascade Locks, Ore.*

I was a little taken aback to see an article on Rep. Stefanik. Views [like hers] have closed hundreds of women's clinics across the country, and made health and birth control services nearly impossible for some. Why feature someone like that when you claim to empower women? *—M. Hogsett, Millsboro, Del.*

I was very inspired by the interview with Rep. Stefanik. As a 28-year-old woman interested in becoming more involved in politics, I have questioned if people will doubt my experience in an election, but the article empowered me to start doing more research on campaigning. *—Lane McKelvey, Richwood, Ohio*

Marijuana? Some of You Say It's a Do
"A Woman's Health on Weed" felt completely outdated, like reading a 1950s article on proper etiquette during a first date. In moderation, marijuana is a stress reliever and has nowhere near the horrible effects of cigarettes. *Glamour* is a no-judgment zone; this turned me off completely. *—Robyn Macy, Astoria, N.Y.*

The article neglected to mention that studies have linked marijuana use to a lower risk of domestic violence in married couples, while cases of sexual assault and homicide often list alcohol as a factor. Alcohol can create a violent environment, especially for women, while weed does not. *—Emily Louwsma, Hillsboro, Ore.*

To Believe in Love, Read This
"Two Guys, a Girl & One Amazing Heart" was a beautiful story—it made me tear up. I am an organ donor, and these are the stories that inspire me. To be able to save someone's life after you are gone has got to be one of the best things you can do. It means that dying is not the end. *—Lisbeth10, via glamour.com*

Bawling like a baby on a plane thanks to @glamourmag and their "Two Guys, a Girl & One Amazing Heart" article. Such a beautiful story. *—LeAnn Rimes Cibrian, via Twitter*
Visit video.glamour.com to watch more of this incredible story.

Missed any of the articles in our February issue? Download the digital edition from your device's app store.

Where Has Your *Glamour* Been?



"To Riviera Maya, Mexico, with my boyfriend—he proposed the same day!"
—Katherine Marsh, 36, Birmingham, Ala.

Gone someplace special with your Glamour*? Send or tweet us a photo! See details below.*

GOT AN OPINION? Sure you do—and we want to hear it. Email us at letters@glamour.com; tweet to @glamourmag; comment on glamour.com or facebook.com/glamour; or write us at *Glamour,* One World Trade Center, New York, NY 10007. Submissions and comments become the property of the magazine and won't be returned; they may be edited and can be published or otherwise used in any medium.

WILLIAMS: **STEVEN PAN.** MARSH: COURTESY OF SUBJECT

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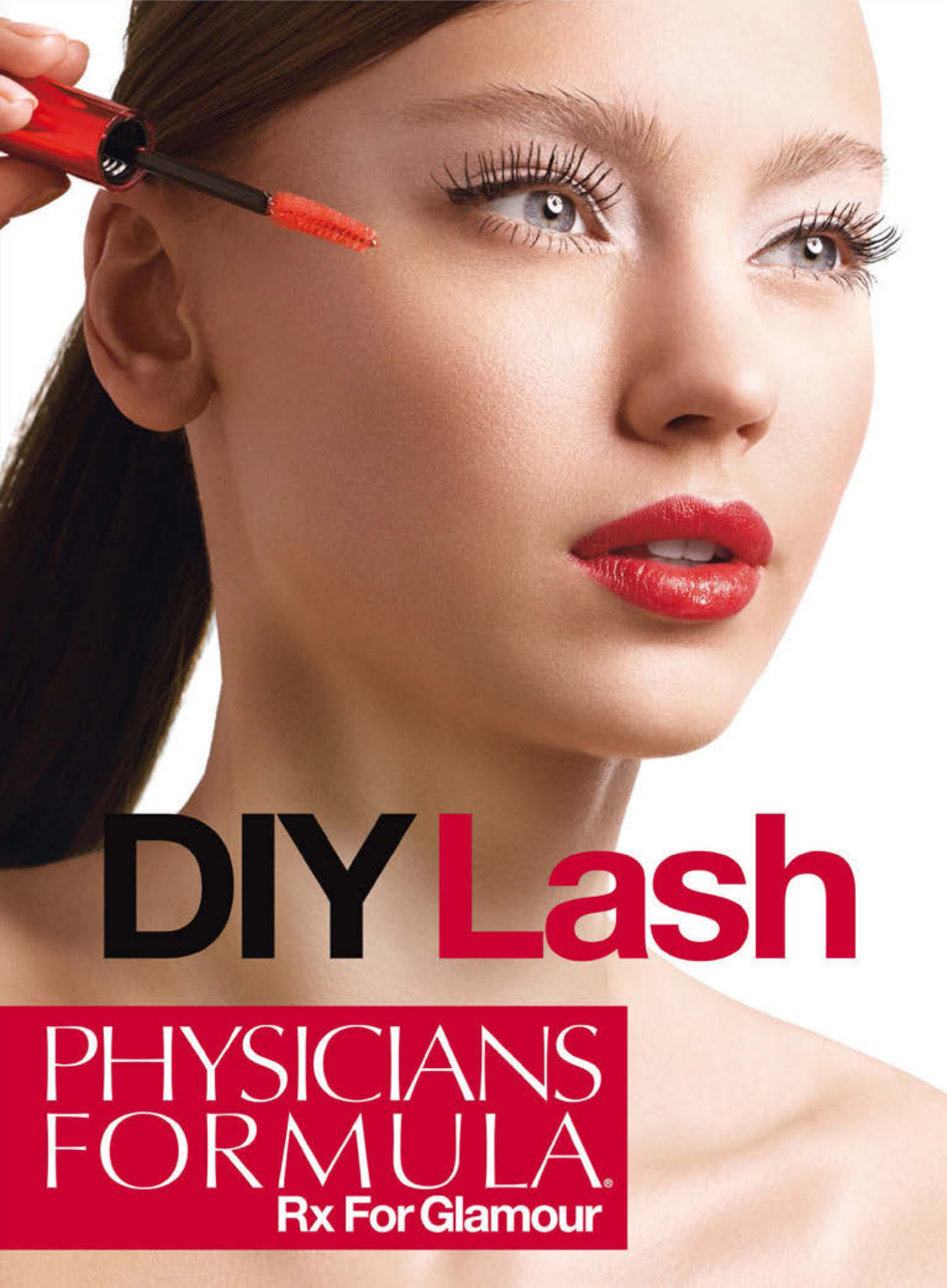
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Vodianova looking magnificent in Dior on our cover. **See Glamour Shopper for more information.**



A FLATTERING FIT
Zara skirt ($80, zara.com)



A BIT OF SHINE
Coco Loves Rome cuff ($24, cocolovesrome.com)



A PUNCHY POUT
Guerlain Gloss d'Enfer Maxi Shine in Rose Splatch ($30, saks.com)

Steal Natalia's Power Look

Now *that* is an outfit to take seriously. May the fashion force be with you too—here's how.



A TIGHT CROP
BCBG Max Azria top ($158, bcbg.com for stores)



A PRETTY PASTEL
Guerlain Météorites Powder Compact in Clair ($62, saks.com)



A FIERCE FLARE
White House Black Market dress ($200, whbm.com)





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The Best Shares for Spring!

We're loving these gems, spotted on the timelines of ladies all over. Post, pin, and 'gram them all. Curated by Alexandra Schwartz



Instagrammed by @showusyourtype; photograph by Adam Vicarel (@adamvicarel); quote by Susan Sontag



Pinned by Ella Swift; created by OUI OUI OUI studio



Modified from a pin by Lisa Stokes



Pinned by Callista White

Like What You See? Share this month's picks by visiting *Glamour*'s Facebook, Instagram, Pinterest, Tumblr, and Twitter pages. And send a link to anything else you're loving to **omg@glamour.com.** It could end up here!

MAP QUOTE © SUSAN SONTAG, USED BY PERMISSION OF THE WYLIE AGENCY LLC. SUNFLOWER: AMANDA MARSALIS. BIRDS: AGUSTIN ESMORIS/SHUTTERSTOCK

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We've got fashion and beauty tips for *days*—and nights too! Check us out all month.



What to Wear Now

Don't let the fickle weather put a damper on your style; we've got plenty of cold-to-warm outfit ideas at glamour.com/fashion.







Win a Dream Getaway and Shopping Spree

You and a guest could score a three-night stay in May 2015 at the West Bay Club in Turks and Caicos, above, for a fitness retreat with Barry's Bootcamp master trainer Courtney Paul, plus a $1,000 shopping spree from Joie (see its cute sandal, left). Enter for a chance to win at glamour.com/win.



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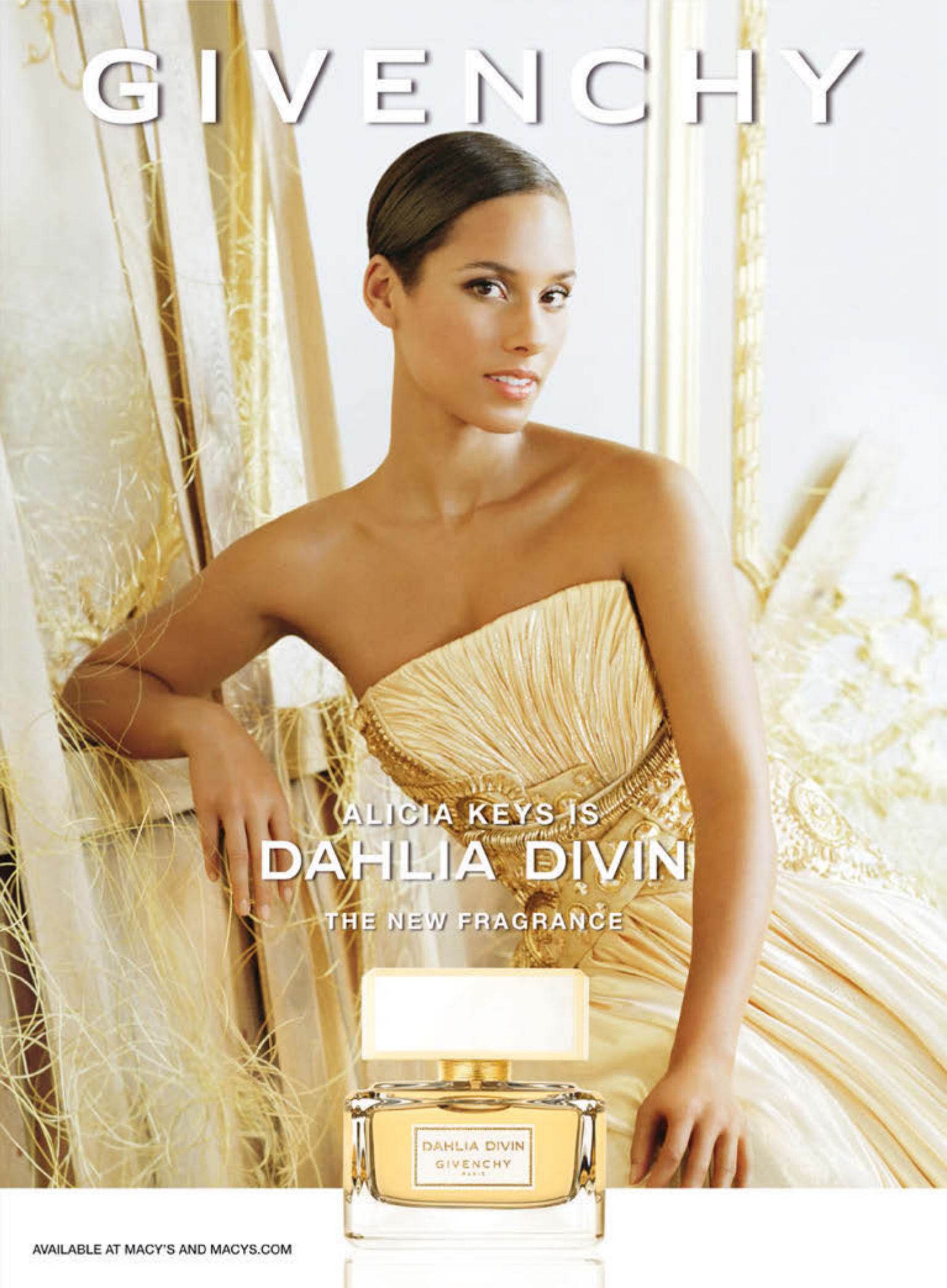
Hair been in a ponytail since January? Want to get out of your lip-balm-and-a-smile beauty rut? Steal tons of inspo on lipstick.com.

Spring's Splurgeworthy Trends

Our editors pick their must-haves at glamour.com/fashion. Learn to spend smarter!

NO PURCHASE NECESSARY. Visit glamour.com/win to enter and to see full rules. Begins 3/2/15 at 12:00 noon ET and ends 3/31/15 at 11:59 P.M. ET. Open only to legal residents of the 50 U.S./D.C. who are at least 18 years old as of the date of entry, except employees of Sponsors, their immediate family members, and persons residing in the same household. Void outside the 50 U.S./D.C. and where prohibited. Odds of winning depend on the number of eligible entries received. Prize ARV: $5,000. Sponsor: Condé Nast.

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Dos & Don'ts

Edited by Ashley Edwards Walker

Suede for Spring? Yes, It's a Do

Fall's favored fabric is having its moment in the sun.



Remember when people wore leather only after Labor Day? Good riddance to *those* days. Leather is now as likely to show up in May as in November, and better yet, the material's softer sister, suede, is going seasonless too, thanks to new, featherweight varieties from designers like Jason Wu and Michael Kors—a win when it's not old-school-leather weather. Oh, and look for nonwintry colors: We're particularly into Jourdan Dunn's Burberry Prorsum trench (go for the marigold!), worn here as a dress. Definite *Glamour* Do.

NEIL MOCKFORD/ALEX HUCKLE/GC IMAGES. BURBERRY PRORSUM TRENCH AND BAG. SEE GLAMOUR SHOPPER FOR MORE INFORMATION



WTF Is Up With All the F-Words?

It used to be punishable by bar-of-soap-in-mouth, but now the F-bomb is dropped everywhere. Do or Don't?

Once upon a time, telling someone to f--k off was the ultimate insult—the word had that much shock power. Today? Well, you can buy "Happy F--king Birthday" cards at the drugstore or, should you want to, an effing cute shirt (see WeWoreWhat blogger Danielle Bernstein, above). But *should* we be so cavalier about our cursing? We asked celebs to vote: Do or Don't?

DO: "I'm Italian! It's like an every-other-word Do for me! But don't use it just to use it. I'm a big fan of a well-placed F-bomb. And if you're not, then we can't be friends." —*Sophia Bush,* Chicago P.D.

DON'T: "It's a definite Don't. Because whenever I've used it, it always makes me seem angrier than I am, [especially] when it's in print. Like, 'Mindy Kaling was violently angry!' " —*Mindy Kaling,* The Mindy Project

DO: "I love it—it's appropriate almost anywhere. Sometimes nothing else gets the point across like the good ol' F-word." —*Brooklyn Decker, actress and model*

DON'T: "It's a Don't, even though I just dropped it five minutes ago. I am trying to catch myself. I have a lot of young followers, and I don't ever want to encourage them to get into bad habits." —*Jamie Chung, actress and style blogger*

Reporting by Jessica Radloff

51% of women say the everywhere F-word is a Don't. Get out your swear jars!

F-WORD: JUSTIN LIVINGSTON. APRIL FOOLS' DAY: JENNIFER LIVINGSTON. SURVEY DATA COLLECTED FROM 114 WOMEN AGES 18–44, FEBRUARY 4, 2015, USING SURVEYMONKEY AUDIENCE



The *Glamour* List

6 *April Fools' Day Pranks We're Dying to Try*

By Heather Cocks and Jessica Morgan, authors of The Royal We, *out this month*

1. Telling our mother that we're quitting our job because our true passion is reading the color of people's auras.

2. Meeting a friend for drinks, wearing the bridesmaid's dress she made us buy, and being all, "You were right! I *did* wear it again!" (Then Instagramming a photo of her horrified face.)

3. Taking a vow of silence for the day and forcing our friends to interpret our intentions solely through elaborate miming. Time to find out who *really* gets us.

4. Secretly changing the boyfriend's ringtone to a Josh Groban song, and making sure he finds out the hard way.

5. Live-tweeting *Scandal* with fake intel. The words "Olivia and Huck, FINALLY!" *might* break the Internet.

6. Sending flowers to our ex and addressing the card to Voldemort.

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70%
of women *Glamour* polled vote for cutoffs (if they *have* to choose, that is!).

Cutoffs vs. Culottes

Which "it" style is the bigger Do? Two women duke it out.

The Case for Cutoffs:
Culottes are cool now, but cutoffs are *forever.* Did you even consider the possible existence of denim culottes before they swung into style this season? I didn't, and I run a website that gets me dreaming up new ways to wear denim every day. Now count the cutoffs in your closet. It doesn't matter if you still wear them or not—they're favorites, like souvenirs of the best summers ever. You should get a pair of culottes, for sure. But get denim ones, because when you're over them, you can chop them into cutoffs. *—Jane Bishop, cofounder of the website Jean Stories*

The Case for Culottes:
Culottes are the way to go! If the cutoff is a cheery teen on her way to the beach, then the culotte is her cool older sister just back from a year in France. Both have appeal, but only one has mystique. Wearing culottes tells the world, "I know this isn't conventionally sexy, but I'm not a conventional girl." Every label from J.Crew to Jil Sander had them on their runways, and let's get real—unless you work at a roller rink, there's no way you're wearing minishorts on the job. Cutoffs: cute. Culottes: chic. Case closed. *—Christina Pérez, fashion writer*

DENIM SHORTS: NABILE QUENUM/BLAUBLUT EDITION/TRUNK ARCHIVE. CULOTTES: VANESSA JACKMAN. SURVEY DATA COLLECTED FROM 114 WOMEN AGES 18–44, FEBRUARY 4, 2015, USING SURVEYMONKEY AUDIENCE

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The Dos & Don'ts of Styling Your Ear

Yes, that's a thing now! An "ear stylist" explains the multiple-earring look.

Remember 2012, when earrings were simple—a pair of studs, hoops, or drops worn one on each ear? Now everyone wants cuffs, chains, mismatched earrings. Enter New York City piercer and ear stylist J. Colby Smith, whose clients include Emma Stone, above, and Zoë Kravitz. "A lot of people don't know how to wear jewelry," says Smith, "so I'll try to turn them on to things." Whether you want to go big with one piece, or do more with smaller earrings, here are his tips for you:

DO choose the right metal. Smith, 37, turns to rose gold for women with pinker skin tones, and yellow gold for darker hues. And keep everything delicate: "Subtle pieces allow you to have more piercings without it seeming shocking or aggressive," he says.

DON'T be afraid to mix it up. "I like to mix and match studs, rings, cuffs—if it's all one thing, it looks boring," he says. Exception: "If you stack pieces close together, they need to be identical rings or studs—like two little sisters." And spread them evenly: "Not too heavy on one side."

DO have fun with your jewelry. Piercings, says Smith, "are such an easy way to tweak your look. A little edgy, a little fun. My motto is, 'More holes, more pretty things.'" —*Kate Branch*

Get the Look

78% of you call multiple earrings a Do—now you try:



1

Dainty chains add depth and look best in your first one or two holes.

Catbird ($168, catbirdnyc.com)



2

Then add a stud, also best in the lobe, to counter larger earrings.

Cam ($35, cam-jewelry.com)



3

Finish with a cuff higher up, where there's cartilage.

Brvtvs ($155, brvtvs.com)



"Spare Heir"? Always a Do

Will and Kate's second (due this month!) may never take the throne, but he or she could still come out ahead—these second-borns did.

Queen Elizabeth I: When her older half sister, Queen Mary, died in 1558, Elizabeth took the crown. Despite once being considered an illegitimate heir, and being single and childless (scandal!), she's considered by historians to be one of Britain's most successful rulers.

King George VI: After his brother King Edward VIII abdicated to marry divorcée Wallis Simpson in 1936, George was next in line for the throne. Only problem? He had a debilitating speech impediment. Spoiler alert: He rose to the occasion (see: *The King's Speech*).

And Harry: Prince William's younger brother—the current spare heir—can smoke pot, get photographed nude in Vegas, date anyone, and *still* come in first as favorite royal in a recent poll. Royals having normal fun: a Do. —*Mackenzie Dawson*

STONE: STEVE GRANITZ/WIREIMAGE. DUCHESS CATHERINE: SAMIR HUSSEIN/WIREIMAGE. SURVEY DATA COLLECTED FROM 114 WOMEN AGES 18–44, FEBRUARY 4, 2015, USING SURVEYMONKEY AUDIENCE

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Taylor Swift Did Not Wake Up Like This...

...and that's OK—cool, even. Eliza Kennedy explains why it's a Do to put a little effort into your look.



Taylor after the gym (*and* some time in the locker room)

When paparazzi photos surfaced showing Taylor Swift emerging from the gym with perfect hair and lipstick and wearing a cute dress, mockery ensued: Where were the sweaty gym shorts and worn sneaks? "I picture you in the locker room, taking up a lot of space," Seth Meyers teased when she appeared on his show. Taylor's defense? "I like to bring a change of clothes, OK? I bring a hairbrush."

Few heard her, though. In the midst of a mania for "woke-up-like-this" celebrity bedroom selfies—think Beyoncé, Miley, Selena—how dare Taylor reject the effortlessness we glorify and remain so obviously effort*ful*?

Sure, pretending not to care about your appearance is, on one level, pushback against our culture's tendency to celebrate the surface. But our scorn for Taylor and our praise of other, more "natural" celebs hides a pretty important fact: No one has stopped trying to look good. Those "less glam" celebrities didn't *actually* wake up that way. Where's the eye crust? The dried drool? And can we acknowledge that sexy, disheveled hair requires some seriously strategic shevel-ing? Presenting that supposedly casual vibe is no less "fake" than doing whatever it takes to leave the gym looking if not Swift-ian, then at least presentable.

Besides, when did *trying* become a bad thing? I used to be an attorney, and I was often the only woman in the conference room. At those times my pressed suit and carefully combed hair became my armor. They established that I was professional and credible, that I belonged there—a message I was delivering to myself as well as to all those men.

So let's embrace effort *and* effortlessness, or whatever middle ground works best for *you*. And let's stop sniping at women who aren't afraid to show they care, maybe a lot, about how they look. That kind of negativity makes me want to tear my hair out.

And that's not good—it would mess up my perfect bedhead.

Eliza Kennedy is the author of I Take You, *out in May.*

89% of you say putting effort into your look—and owning it—is a Do.

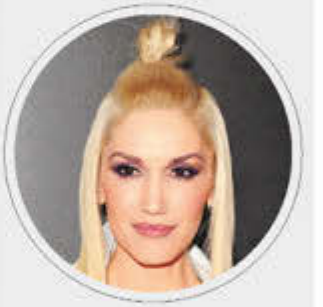
The Topknot 2.0

A full bun is always classic, but these women know the half-up version is also a versatile Do.



It started casual...

Sienna Miller helped spark the trend (of course she did) in 2013 with a bedhead-y take on the half-up bun.



...then went sleek.

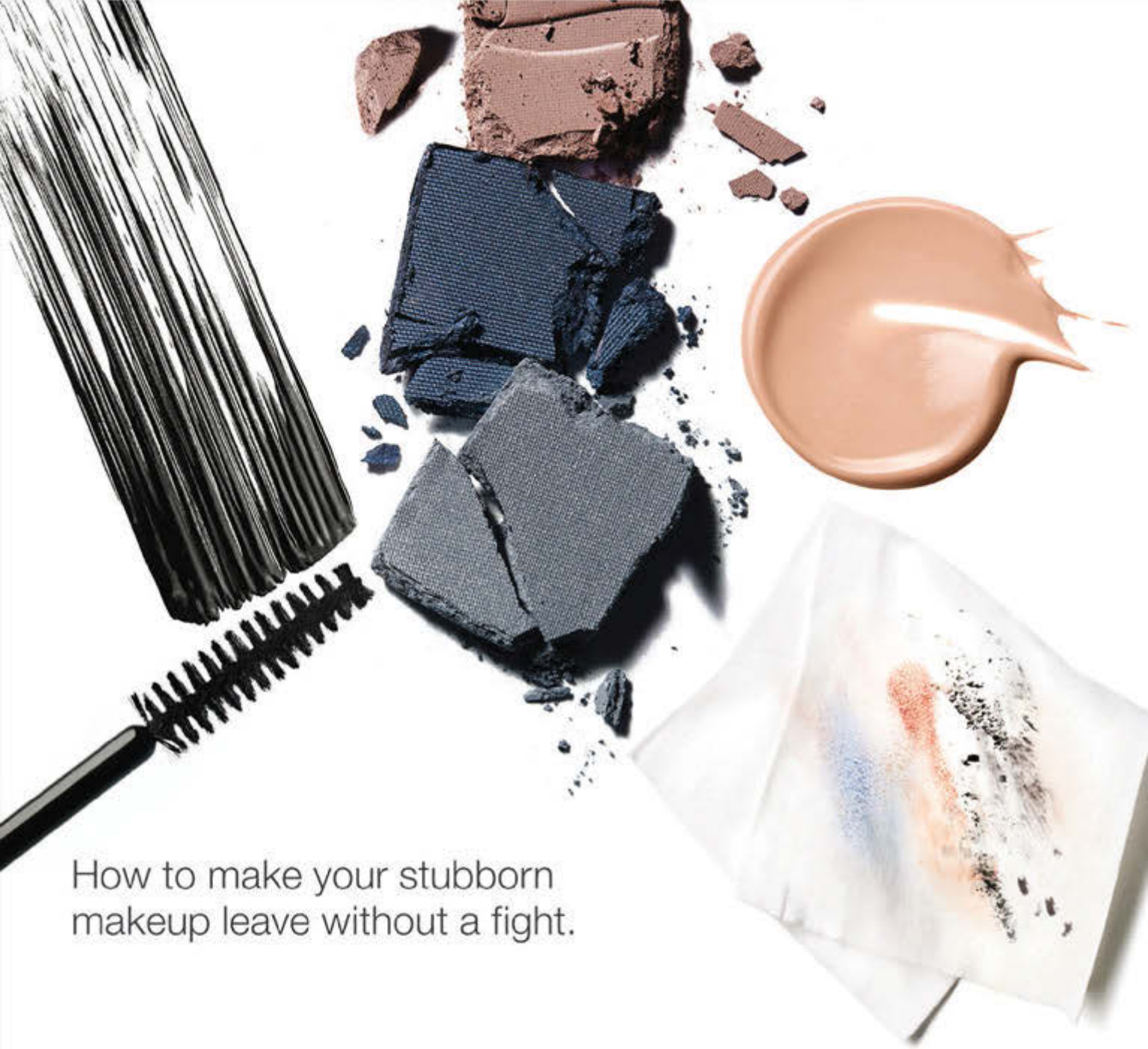
Gwen Stefani gave the style her own spin in December by keeping everything *but* the knot ultra polished. Result: a chic but edgy rock-star vibe.



Now: best of both.

Call her Goldilocks—Margot Robbie's version at Sundance, a mix of Sienna's uncombed style and Gwen's polish, is just right.

SWIFT: SPLASH NEWS. MILLER: SHARPSHOOTER IMAGES/SPLASH NEWS. STEFANI: JON KOPALOFF/FILMMAGIC. ROBBIE: NEILSON BARNARD/GETTY IMAGES FOR ACURA. SURVEY DATA COLLECTED FROM 114 WOMEN AGES 18–44, FEBRUARY 4, 2015, USING SURVEYMONKEY AUDIENCE



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Hear Them Roar
Meet the women who inspire Katy Perry.

10 Women Who Changed My Life

By Katy Perry

The "Dark Horse" singer hosts her own personal Super Bowl. (Because cheering on other women is always a Do.)

1. Jenny Slate
Comedian

Jenny starred in my favorite film of 2014, *Obvious Child*, and guest-stars on one of my favorite TV shows, *Kroll Show*. I think every woman can relate to her dark, unfiltered approach to comedy (and to her delightful Twitter feed, @jennyslate).

2. Mia Moretti
DJ

Mia has razzmatazz seeping out of every pore, and she can curate your wardrobe or your playlist with a bat of her lashes. She's the muse for my song "International Smile."

3. Allison Williams
Actress, HBO's *Girls*

Allison was born for this business. Even her effortless airport style would take me four hours to replicate. I can't wait to see her established as a household name in all things TV and film—especially because she's such a good human.



Kacey Musgraves

4. Kacey Musgraves
Musician

Kacey is one of the most unique songwriters I've heard in the past decade. She puts into words what the heart feels. (Download "Merry Go 'Round" or "Follow Your Arrow" to listen.) And she's not bad on the eyes and has a great sense of humor the whole way through.

5. Sophia Rossi
Cofounder, HelloGiggles

Sophia is one of my favorite pop-culture commentators. In addition to being incredibly Internet-savvy—see for yourself on her website, hellogiggles.com—she's also a people curator: She knows how to pair people in jobs, friendship, and life.

6. Cleo Wade
Artist

Cleo is a poetic princess and an incredibly spirited artist. (Check out her work on Instagram @cleowade.) I am always encouraged by her perspective on life. PS: She looks like an angel.

7. Petra Collins
Photographer

Petra Collins is only 22 but has an eye that seems to have already lived many lives. Her approach is youthful, nostalgic, soft, sweet. Plus, she makes great neon art. Follow her on Instagram @petrafcollins.

8. Vicky Vlachonis
Osteopath

Vicky has taught me that what you put in your body connects to your emotions. (Read about her approach in *The Body Doesn't Lie*.) She helps me find my center again.

9. Cindy Sherman
Artist

Hands down, she's one of the most important artists of our time. Cindy is her own one-woman show. I admire the sense of humor and self-deprecation in her work.

10. Shannon Woodward
Actress, HBO's *Westworld*

Shannon's an incredibly conscious, thought-provoking actress, a best friend to me for over a decade, and a wonderful activist for women's rights. And she enjoys the crossword puzzle immensely. Follow her on Twitter, @shannonwoodward, to keep you LOL-ing.

Who would make your list? Tweet us **@glamourmag #inspiringwomen.**

PERRY: JEFF VESPA/WIREIMAGE. MUSGRAVES: FRAZER HARRISON/ACMA2014/GETTY IMAGES FOR ACM

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FLIRTING WITH FASHION

A *Glamour* girl and a *GQ* guy have a knack for looking effortlessly stylish during life's biggest moments, from a joyful wedding to a simple night in. It's about how you wear it. Take a glimpse into their fashionable world, with spring's most inspiring looks, all found at Simon.



On her: LACOSTE dress. COLE HAAN shoes. M MISSONI bag. J.CREW earrings and cuffs. DIOR sunglasses (on table) available at SOLSTICE. **On him:** AMERICAN APPAREL shirt. 7 FOR ALL MANKIND jacket. J.CREW pants. YSL sunglasses, available at SOLSTICE. VINCE shoes, available at VINCE and SAKS FIFTH AVENUE. FOREVER 21 watch. **Also featured:** SUR LA TABLE tray. CRATE AND BARREL napkins, bowls, plates and mugs.

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THE LOOK:
BOHO CHIC

Amp up your wardrobe with pieces that have a bohemian flair. Let your style run wild with '70s-inspired suede.

STYLING TIP:

Keep fringe modern and not costumey by pairing sleek and simple accessories.

On her: VALENTINO dress. ALTUZARRA boots. RJ GRAZIANO bracelets and PUNCH earrings, from SAKS FIFTH AVENUE OFF 5TH. VALENTINO scarf (on bag). **On him:** CULT OF INDIVIDUALITY jacket, from SAKS FIFTH AVENUE OFF 5TH. LUCKY BRAND T-shirt. TOMMY HILFIGER jeans. PENGUIN shoes, from SAKS FIFTH AVENUE OFF 5TH. **Also featured:** FRETTE throw.

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THE LOOK:
DATE NIGHT

Get dressed to impress for a hot night on the town. Head-to-toe white is the perfect coupling of chic and sexy.

STYLING TIP:

An all-white canvas lets you play with bold jewelry such as a signature necklace.

On her: BURBERRY jacket. MARA HOFFMAN dress, available at SAKS FIFTH AVENUE. MICHAEL MICHAEL KORS necklace. TIFFANY bracelet. ANN TAYLOR cuffs. DAVID YURMAN ring. REBECCA MINKOFF clutch, available at SAKS FIFTH AVENUE. MANOLO BLAHNIK shoes, available at SAKS FIFTH AVENUE. Shoes on floor (top to bottom): STUART WEITZMAN, MAX MARA, ANN TAYLOR. **On him:** UNIQLO jacket. TOPMAN bomber (under jacket). LEVI'S shirt. BALLY pants. BANANA REPUBLIC shoes. TIFFANY cuff. FOSSIL watch. **Also featured:** BOSE bluetooth speaker. CRATE AND BARREL throw.

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THE LOOK:
DINNER PARTY

Turn up the heat with looks that add a little spice. Prepare to sizzle in fitted silhouettes and statement jewelry.

STYLING TIP:
Balance the reveal of a crop top with a high-waisted skirt.

On her: THEORY sweater, from NEIMAN MARCUS LAST CALL. VALENTINO skirt. MARNI earrings, necklace and bracelets. **On him:** ZEGNA suit. LUCKY BRAND denim shirt. **Also featured:** LE CREUSET cutting board, wine glass and rolling pin. CORNINGWARE knife.

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THE LOOK:
STAYCATION

Cozy up to a romantic weekend at home with casual cool knits. Lounge in luxe separates like a soft cotton sweater paired with delicate jewelry.

STYLING TIP:
Keep colors neutral to fit with your relaxed vibe.

On her: THE ROW top, available at SAKS FIFTH AVENUE. MICHAEL MICHAEL KORS sweater. LEVI'S shorts. TIFFANY earrings and bracelets. TIFFANY T ring. SWAROVSKI ring. H&M bag. **On him:** 7 FOR ALL MANKIND sweater. AMERICAN APPAREL henley. LEVI'S jeans. DAVID YURMAN necklace, bracelet and cuff.

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THE LOOK:
WEDDING

Say "I do" to a chic and modern take on formal attire. Vow to wow in a floor-length floral dress and solid hued heels.

STYLING TIP:
Add cool metal bangles to complement a feminine frock.

On her: BCBG dress. J.CREW earrings. DAVID YURMAN bracelet (left hand). SWAROVSKI bracelets. ANN TAYLOR cuff. ANN TAYLOR shoes. **On him:** JOHN VARVATOS suit. J.CREW shirt and pocket square. ALFRED SARGENT shoes, available at SAKS FIFTH AVENUE. TIFFANY watch.

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Edited by Jessica Sailer Van Lith

Your New Denim Wardrobe

Attention, jeans lovers! Actress Olga Kurylenko demonstrates how to wear six of spring's best styles.



Rachel Comey denim shorts, $288. **Chloé** blouse, $2,650. **Valentino Garavani** sandals, $1,495. **See Glamour Shopper for more information.**

If You'd Like Dressed-Up Shorts

They're out there this spring—good news for Kurylenko, 35, who stars alongside Russell Crowe in this month's *The Water Diviner*. "I'll wear cutoffs on holiday, but I'd opt for smarter jean shorts like these when I want to be chic," she says. "And the flat sandals are perfect for me. I could spend a whole day walking around the city in them."

HAIR: CONRAD DORNAN FOR ART DEPARTMENT; MAKEUP: NINA PARK FOR THE WALL GROUP

Photographs by James Ryang



MiH Jeans dress ($375, mih-jeans.com) DR



RUNWAY | REAL WAY

SEEN AT BOTTEGA VENETA

Topshop bag ($70, topshop.com) WDR



Sonia Kashuk Sahara Sunset Bronzing Blush Stick in Marrakesh ($12, target.com) WDR



If You Want a Daytime Dress

A faded shift with lace-up details can go *anywhere*. Finish with seventies-inspired accessories.



Mulberry sandals ($825, mulberry.com) D



Your How-to: Pair a nautical dress with clean white sneakers for day or with open-toed sandals after hours.

Gucci dress, $1,995.

Melissa Joy Manning earrings ($360, melissajoymanning.com) WD

JAMES RYANG; HAIR: CONRAD DORNAN FOR ART DEPARTMENT; MAKEUP: NINA PARK FOR THE WALL GROUP. RUNWAY: YANNIS VLAMOS/INDIGITALIMAGES.COM. STILLS: **TIM HOUT;** STYLIST: JOHN OLSON FOR HALLEY RESOURCES

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Proenza Schouler bag ($2,800, Proenza Schouler, NYC, 212-420-7300) WDR



SEEN AT MICHAEL KORS

RUNWAY | REAL WAY



If You Need an Easy Suit

Slouchy tailoring in inky indigo works all week long with polished extras.

Your How-to: A dark wash and sharp cut make the suit office-ready. Kurylenko dresses it down with sandals for a chic weekend look.

Tod's blazer, $1,345, pants, $525, sandals, $495.



J.Crew blazer ($398, jcrew.com) WDR



J Brand pants ($231, Bergdorf Goodman, NYC, 800-558-1855 for similar styles) WDR



Amber Sceats earrings ($119, shopbop.com) WD



Josie Maran Coconut Watercolor Cheek Gelée in Getaway Red ($22, sephora.com) WDR



Building Block sandals ($450, building--block.com) DR

JAMES RYANG; HAIR: CONRAD DORNAN FOR ART DEPARTMENT; MAKEUP: NINA PARK FOR THE WALL GROUP. RUNWAY: YANNIS VLAMOS/INDIGITALIMAGES.COM. STILLS: **TIM HOUT.** STYLIST: JOHN OLSON FOR HALLEY RESOURCES


bebe
bebe.com



The Mode Collective flats ($245, heels.com)
W D



Lele Sadoughi necklace ($175, lelesadoughi.com)
W D R



Sandro pants ($375, sandro-paris.com)
W D R



Your How-to: Kurylenko's fitted jacket pairs perfectly with simple, relaxed trousers.

Gap jacket, $70, pants, $65. **Proenza Schouler** heels, $1,445.

If You're Into Jackets

Then turn your tried-and-true denim one into a top. Button all the way up, and team with knockout add-ons.



YSL La Laque Couture nail polish in No. 58 Nuit Noire ($27, yslbeautyus.com)
D



Denim & Supply Ralph Lauren jacket ($145, denimandsupply.com)
D R



Stella McCartney bag ($1,135, Stella McCartney, NYC, 212-255-1556)
W D R

JAMES RYANG; HAIR: CONRAD DORNAN FOR ART DEPARTMENT; MAKEUP: NINA PARK FOR THE WALL GROUP. STILLS: **TIM HOUT**; STYLIST: JOHN OLSON FOR HALLEY RESOURCES

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If You Want Grown-up Overalls

The chic new versions are genuinely adult. Pair with sophisticated accessories!



Your How-to: Feminine touches like a luxe vest and high-heeled sandals elevate Kurylenko's look.

Sonia Rykiel vest, overalls, socks, heels.



Zara bag ($100, zara.com) W D R





Delfina Delettrez ring ($880, opening ceremony.us) W D



H&M shirt ($35, hm.com) W D R



Pierre Hardy heels ($895, pierrehardy.com) W D



Givenchy Color Kajal in Turquoise Imagination ($26, barneys.com) D



Mother overalls ($275, revolve clothing.com) D R

JAMES RYANG; HAIR: CONRAD DORNAN FOR ART DEPARTMENT; MAKEUP: NINA PARK FOR THE WALL GROUP. STILLS: **TIM HOUT;** STYLIST: JOHN OLSON FOR HALLEY RESOURCES

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L'ORÉAL PARIS



Marc Jacobs Beauty New Nudes Sheer Lip Gel in Moody Margot ($30, sephora.com)
W D R



Jill Stuart blouse ($368, jillstuart.com)
W D



SEEN AT RODARTE

RUNWAY | REAL WAY

Aurélie Bidermann earrings ($375, aurelie bidermann.com)
W D



Your How-to: A romantic top and statement-making lace-up boots take Kurylenko's jeans from day to night.

Rodarte blouse, jeans, belt, boots.

If You Love a High Waist

Want to look like you have legs for days? This long, lean silhouette delivers. Up the ante with edgy touches.



Aldo sandals ($140, aldoshoes.com)
D



Levi's jeans ($118, levi.com)
D R



Chloé bag ($2,890, select Barneys New York stores, 888-222-7639)
W D

JAMES RYANG: HAIR: CONRAD DORNAN FOR ART DEPARTMENT; MAKEUP: NINA PARK FOR THE WALL GROUP. RUNWAY: YANNIS VLAMOS/INDIGITALIMAGES.COM. STILLS: **TIM HOUT;** STYLIST: JOHN OLSON FOR HALLEY RESOURCES



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The Pop of Color

Add one of these to your spring wardrobe, and *everything* gets a little chicer.



Tory Burch tote ($595, Tory Burch, NYC, 212-510-8371)

Chelsea Paris sandals ($495, chelseaparis.com)

Sigerson Morrison sandals ($395, sigerson morrison.com)

Photograph by Richard Pierce


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Dolce & Gabbana Mary Janes ($1,395, select Dolce & Gabbana stores, 877-703-4872)

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Denim Zone
Alexander Wang with model Kasia Struss.
On Struss: **T by Alexander Wang** T-shirt, $115. **Denim x Alexander Wang** jeans, $265.

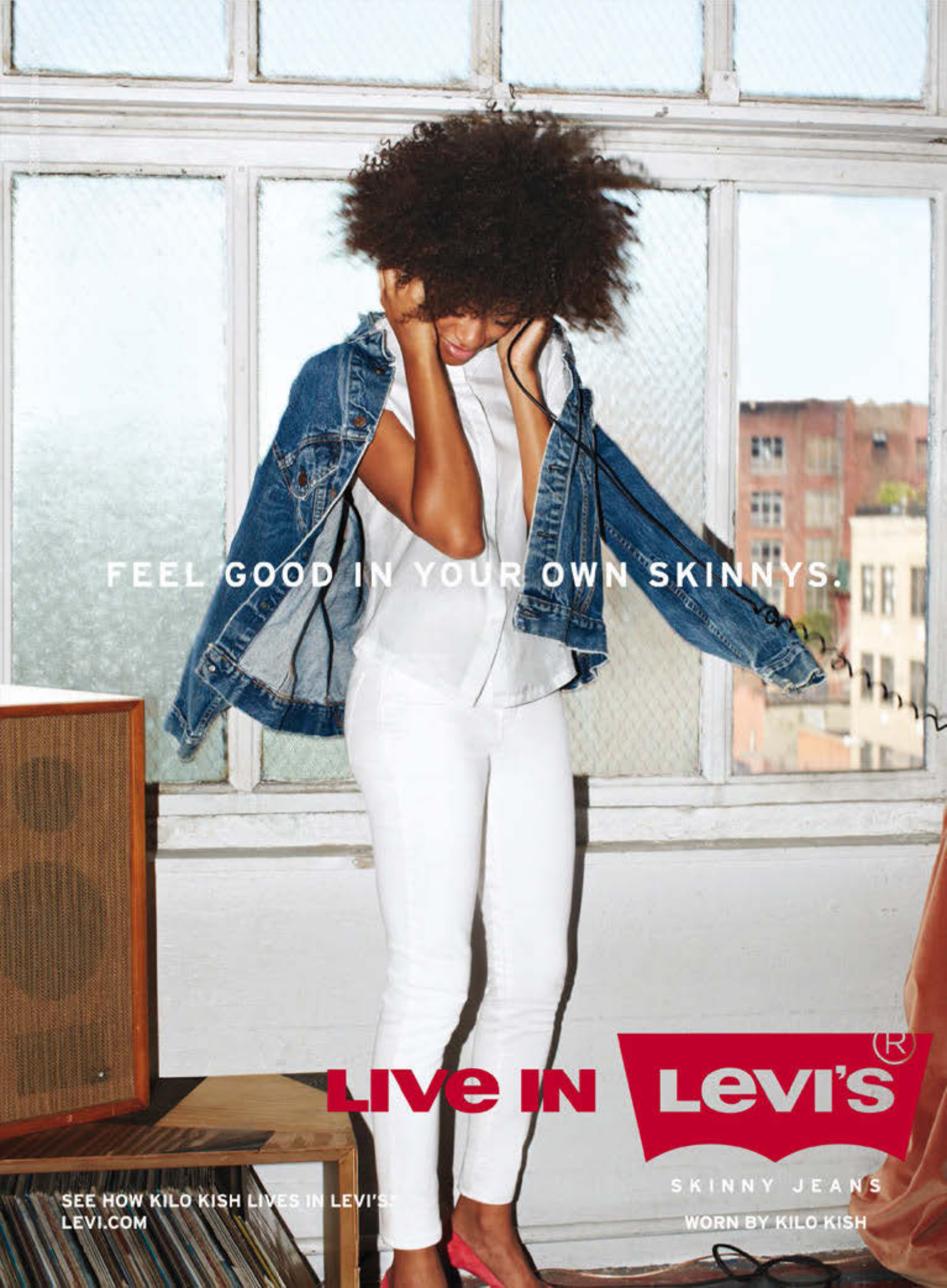
Brand-New Blues

Downtown-cool designer Alexander Wang is now doing jeans. You're going to want these on your body immediately!

In 1980 original jeans provocateur Calvin Klein got then-15-year-old Brooke Shields to utter the words "You want to know what comes between me and my Calvins? Nothing." Racy—but 35 years later, there's a new, edgy American poster boy for designer jeans: Alexander Wang. *His* campaign features an ultra-sexy Anna Ewers lounging on a leather armchair with a pair of jeans at her ankles... and wearing nothing else. "*Enticing* is the right word," Wang says, laughing. "Denim is a staple that can be worn in so many different ways, it didn't feel right to pair it with

WANG AND STRUSS: **JENNIFER LIVINGSTON**; STYLIST: SOPHIE PERA; MODEL: KASIA STRUSS FOR WOMEN MANAGEMENT; HAIR: EDWARD LAMPLEY FOR D + V MANAGEMENT; MAKEUP: JUSTINE PURDUE FOR TIM HOWARD MANAGEMENT

continued on next page


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anything except skin."

Despite the head-turning billboard, though, the Denim x Alexander Wang line is about as wearable as it gets: perfect fits, basic washes, no trendy embellishments or doodads. "Jeans aren't a seasonal thing," he explains, "so they have to be timeless."

Which perhaps explains why he waited so long to delve into the category in the first place—a full 10 years after the debut of his Alexander Wang line (he is also the creative director of the French design house Balenciaga). "It's something I've been thinking about for a long time, but I wanted to wait until I was ready and could really do it right," he says. Adds Barneys New York senior fashion director Tomoko Ogura: "Jeans fit seamlessly into the distinctly urban feel of his brand."

So what *are* the ingredients of a good pair of jeans, according to Wang? For starters, he used menswear denim because it has more substance and weight. He added one-percent stretch to his slim-fit jeans so the denim would retain its shape. "A lot of my friends complained about saggy knees," he explains.



BACK TO BASICS **T by Alexander Wang** T-shirt, $195. **Denim x Alexander Wang** jeans, $265.

In fact, his chic inner circle—which includes stylist Vanessa Traina, actress Zoë Kravitz, and the women on his design team—proved to be a valuable sounding board on several fronts. "From observing them, I noticed that a lot of jeans are cut too narrow at the bottom to go over a boot," he says. His solution is a slightly wider taper from the calf down. He also cut the waistline high for the slim-fit and slouchy for the relaxed and boy-fit. Finally, Wang chose matte black rivets "so they fade away, rather than the usual copper or gold."

A longtime friend of Wang's, model Kasia Struss (who tried out the jeans for this story) says she couldn't wait for the designer to debut denim: "Half of my closet is filled with his stuff," she says. "I've been waiting forever for him to do jeans, so I'm really happy they're finally here."

> "Half of my closet is filled with his stuff. I've been waiting forever for him to do jeans."
>
> *—model Kasia Struss, above*

Wang's Denim Tips

And because most of us don't sit around at home naked with jeans pulled down to our ankles (wait—*do* we?!), how does Wang envision his jeans being styled? "I never like to dictate," he says, "because the minute I do, someone inspires me by doing something different."

That said, here are a few Wang-approved guidelines:

• Wear denim with classics you already own. "I love boy-fit [jeans] with an extra-roomy men's dress shirt and a heel," he says. "Skinny looks great with a tight little Henley or slip top, and I love a relaxed fit with an easy T-shirt and flat sneakers. For me, it's all about being simple."

• Ready to step up your denim game? Take a cue from Wang and learn how to cuff your jeans like a pro—one simple step that can change your entire look. If you're cuffing a pair of boy-fit jeans, Wang recommends folding the legs twice: "You want a little dimension."

So what's a brand-new jeans designer's *own* favorite pair? All-American, vintage Levi's—Wang says he used to wear his all the time. "Mine were super oversize and had a lot of life in them. They were torn and had paint splatters," he says. Wearing your jeans to shreds? Yeah, pretty sure Wang's fans will be doing that too.

—with reporting by Priya Rao

Pick Your Pair

Wang has a wash for every mood. Here's what to wear with what:



Perfect with: a clean white tee and sneakers for the weekend



Perfect with: a blazer and striped shirt for office casual



Perfect with: a silk blouse and pumps for a dressed-up look

Denim x Alexander Wang jeans ($225–$265, alexanderwang.com)

JEANS: COURTESY OF ALEXANDER WANG

See **Glamour Shopper** for more information.

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The Month in Outfits

Actress-model Ireland Baldwin demonstrates her edgy style using five spring staples. Take notes!

PASTEL SUIT



1

The Limited jacket ($128) and trousers ($70, thelimited.com)

2

My style leans toward rock 'n' roll, so I definitely prefer a suit to a dress. I would wear this blue one to a red-carpet event.





7

I'd rock the jacket by itself with a plaid shirt and jeans for a coffee break.

CROP TOP

8



ASOS ($42, asos.com)



9

I like how clean this top looks with an oxford.



10

The tiny tank with my girlfriend's oversize bomber is just right for Friday night.



15

It adds an eclectic touch to my dark outfit and biker boots.



16

The caftan is cute with overalls too. My mom dressed me in them when I was a kid!



17

I'd wear it under my flag vest, a favorite vintage find.

STRIPED SKIRT

18



Express ($70, express.com)



22

I love to tie a flannel around my waist. It makes the slim pencil more 3-D.

23

When in doubt, I wear a chambray shirt. Great with the skirt—or anything, really.

GRAY SKINNIES



24

Hudson Jeans ($198, hudsonjeans.com)



25

I'm always in cigarette jeans. They're preppy with a cardigan.

26

Jeans are laid-back but polished with a blazer.



3

I'm pretty casual day to day. A T-shirt and sneakers play the suit down.



4

With a flannel and my varsity jacket, it's ready to run errands.



5

A cutout crop top keeps the suit young.



6

Here I'm doubling up on pastels with a lavender coat. It's cool with Converse.



11

It fits into my off-duty uniform: an army jacket and leather leggings.



12

I layer a bralet over a mesh T-shirt for a pizza date.

KIMONO ROBE



13

Sea ($575, shopbop.com)

14

With my Western boots and a tank dress, this fun kimono is perfect for a day at the flea market.





19

My hooded jacket keeps this skirt from feeling too girly.



20

The graphic bands pop against my neutral pullover.



21

Hearts and stripes are better together, right?





27

My go-to combo is faded skinnies and a band tee.



28

This chain-printed top switches up my denim.



29

Can you tell I like band shirts? I find beat-up ones at thrift stores.

30

When it rains, the jeans slip right into wellies. I gave this Céline bag to my mom but steal it whenever I can! XO, Ireland Baldwin

FASHION ASSISTANT: VIVIAN HO; HAIR AND MAKEUP: JULIE FIGUEROA FOR CELESTINE AGENCY; MANICURE: DEBBIE LEAVITT FOR NAILING HOLLYWOOD. 4: COFFEE COFFEE. 12: PITFIRE ARTISAN PIZZA. STILLS: **CATHY CRAWFORD;** STYLIST: RENATE LINDLAR

.com Find more what-to-wear inspiration at **glamour.com/fashion/outfit-ideas.**

Photographs by Leslie Kirchhoff

Why Going Green Is Chicer Than Ever

Lily Kwong has a message we *all* should read this Earth Day.



Positive Spin Kwong with her preferred car alternative, wearing "cozy and superchic" Amour Vert, of course.

Growing up in California, I always had an appreciation for the environment; I spent much of my childhood hiking in the redwood forests or walking on Stinson Beach. In high school I learned about sustainable farming, recycling programs, and water conservation. It didn't feel like a special interest; nature was just part of my life.

I landed in the fashion industry almost by accident. While walking around New York City's West Village one day, I was approached by someone about modeling. I was 18 and clueless, and before I knew what was happening, I was on a plane to Paris for a fit modeling job at Dior. It sounds more glamorous than it was—I wasn't even in front of the camera!

I touched down on French soil and immediately reached out to my only family there, my cousin Joseph Altuzarra. In a strange twist of fate, Joseph had left his job in the design studio at Givenchy that exact same day to launch his own line. I started working closely with him as a model and his studio manager, and eventually landed jobs modeling with other incredible labels, from Louis Vuitton to Calvin Klein.

After two years on the road, I finally felt like I was "making it" in fashion. But while my career was a lot of fun, it didn't feel particularly meaningful. I got to wear beautiful clothes, but I didn't feel as though I had a voice. I come from an academic family who had been shocked when I'd dropped out of school to model. So I applied to Columbia University for a degree in urban planning. A lot of the classes focused on sustainability and green infrastructure, and I began to think about ecological issues. I took a job after graduation

continued on next page

WITH BIKE: JOSE MARTINEZ @J2MARTINEZ


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Amour Vert jacket ($230, nordstrom.com)

The label's bomber, made in California, is printed with low-impact dyes.



It's All Good Kwong, right, planting trees for Amour Vert



Family Ties Kwong with her cousin, designer Joseph Altuzarra

"I love that we're part of a movement seeking to change fashion's impact."

with Island Planning Corporation, a firm that creates eco-friendly natural settings.

At this point I thought I was completely out of the fashion game. Then a new label called Amour Vert reached out to me about a collaboration. They gave me a T-shirt to try out, and it was love at first wear. I was constantly on the road for work, and this soft tee was the only thing I wanted in my suitcase. Plus, the shirts were made from eucalyptus and beech trees, which are fast-growing and don't require artificial irrigation and pesticides. And for every one sold, Amour Vert planted a tree (the name is French for "green love"). Wearing this piece, I felt like I was actually doing good as a consumer. It was a total game changer.

As I did more research, I was shocked to discover that the textile industry is one of the biggest water polluters in the world. The pesticides we use in cotton production, the toxic dyes we employ to color fabrics, and the extreme amount of water we draw on in manufacturing (you can't imagine how many hundreds of gallons it takes to make one pair of jeans) all pose major threats to our global clean water supply and marine ecosystem. But of course no one wants to give up fashion—and Amour Vert and companies like it show you don't have to. So when Amour Vert offered me a position last September, I took a leap of faith and accepted a role as the company's director of brand strategy.

Amour Vert's ultimate goal is to reduce the environmental impact of fashion at every step of the clothing production process. So we do everything from using low-impact, nontoxic vegetable dyes to developing a zero-waste design philosophy that involves carefully cutting patterns so we throw away almost no extra fabric. I went to a tree planting that Amour Vert hosted and was really moved to see everyone at the company (even the execs) roll up their sleeves and get dirty. But what I really love about this brand is the way everyone is always thinking about new ways to be sustainable: We recently discovered that in California, where we do our production, trucks drive almost daily from Napa Valley to Los Angeles to deliver wine—but they usually return empty. So we hired some of these trucks to drive our product from L.A. to San Francisco.

The thing is, not every change needs to be made on a corporate scale. I've started to reduce my own personal footprint in a major way since starting my job. There are plenty of things you can do: If you are going to buy something new, look for products like ours that are made with nontoxic or vegetable dyes and without pesticides. Labels won't always tell you the whole story, but clothes made out of organic cotton or Modal (a plant-based fiber) are good bets.

To date, Amour Vert has planted 27,000 trees and counting. My goal for 2015 is to increase that number exponentially. And I especially love that we're part of a movement—from high-end designers like Stella McCartney to accessible ones like Reformation—seeking to change fashion's environmental impact. People aren't going to buy something just to plant a tree; they still want their clothes to be desirable. It feels great to be part of a community of creative people finding ways to make conscious clothes chic!

—as told to Victoria Lewis

Three More Ways to Dress to Help the Planet

1. Repeat after us: "Buy less. Choose well. Make it last." Avoid impulse purchases, and focus on investing in quality pieces you'll still wear five years from now.

2. Secondhand isn't second best. Swap dresses with a friend. Donate items to Goodwill (goodwill.org). Sell pre-loved pieces at consignment stores or resale sites like TheRealReal or ThredUp.

3. Air-dry your laundry on a clothesline or rack. You'll better maintain the garments' color and fit while saving energy. Win-win.

STILL: **CATHY CRAWFORD;** STYLIST: RENATE LINDLAR. PLANTING TREES: ARTURO TORRES. KWONG AND ALTUZARRA: BILLY FARRELL/BFANYC.COM

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FINISHING TOUCHES
Use a large round brush to comb out waves for a more relaxed look. Finish with TRESemmé PERFECTLY (un)Done Ultra Brushable Hairspray and your waves will be set.

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Movable Feast
Saukam, in front of the open kitchen at Qui
Alexander Wang tank, $550. **Reed Krakoff** skirt, necklace. **W. Britt** cuff, $345.

How They Dress on the Job...

...in Austin, Texas, where female foodies are remaking the restaurant scene and looking good doing it.
By Brittany Adams

1 Make a statement with prints

HER JOB: Deana Saukam, 32, is the right-hand woman to culinary star Paul Qui, the former *Top Chef* and James Beard Award winner. As media and events director of his restaurant Qui, she's involved in everything from designing staffers' uniforms to curating South by Southwest's SouthBites program.
HER LOOK HERE: "I'm an adventurous eater *and* an adventurous dresser. I like playing around with vibrant prints. This bold top would stand out during a dimly lit dinner meeting with clients."
HER FINISHING TOUCH: "We travel all over the world, and I pick up fashion inspiration from Copenhagen to Hong Kong. My Céline trapeze bag is a go-everywhere staple. It instantly pulls together any look and is roomy enough for souvenirs."
HER STYLE BOOST: "Heels are a must for events. I'm vertically challenged and would get lost in the crowd without the added height of my favorite Stella McCartney pair."

SHOP HER STYLE
Pink Tartan top ($275, pinktartan.com)

Attention skirt ($23, kmart.com)

Danielle Nicole x Capwell & Co. necklace ($54, danielle-nicole.com)

LESLIE KIRCHHOFF; STYLIST: GISELLA LEMOS; HAIR AND MAKEUP: LISA GLEESON. STILLS: **CATHY CRAWFORD;** STYLIST: JOHN OLSON FOR HALLEY RESOURCES

continued on next page

See **Glamour Shopper** for more information.


"WHEN A WOMAN FLIRTS WITH ME, I'M PUTTY IN HER HANDS."
TAO FERNANDEZ CAINO, ACTOR
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Personal Style
"Everyone here embraces individuality and dresses for themselves," says Place-Mathews, here in front of her restaurant.

Coach jacket, $695, pants, $395. **Equipment** shirt, $208. **Tory Burch** earring, $250. **Paul Smith** belt, $225. **Mango** bag, $50.

2 Keep brights tailored

HER JOB: Jade Place-Mathews, 32, is a co-owner (along with her husband, Greg Mathews) of Hillside Farmacy, a neighborhood gem offering farm-to-table comfort food. (Its building was a drugstore—in the 1920s, the city's first African American one.) The Australian transplant spends most days "running back and forth between the restaurant and farm visits," she says. "It's about getting people to eat local and fresh."

HER LOOK HERE: "Since I moved to Texas, color has crept back into my closet in a big way. I love bright tailored things, like this orange blazer. It's perfect with these flares, which make my legs look even longer."

HER WARDROBE M.O.: "I'm lucky to work in a creative environment, but I try to step it up and look professional—like the boss. The right accessories, like this versatile faux-leather clutch, can dress up any outfit."

SHOP HER STYLE
Armani Exchange blazer ($148, Armani Exchange, NYC, 212-431-6000); **Ann Taylor** shirt ($80, anntaylor.com)

Topshop jeans ($96, topshop.com)

Etienne Aigner sandals ($350, etienneaigner.com)

LESLIE KIRCHHOFF; STYLIST: GISELLA LEMOS; HAIR AND MAKEUP: LISA GLEESON. STILLS: **CATHY CRAWFORD;** STYLIST: JOHN OLSON FOR HALLEY RESOURCES

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Extreme Makeover, Denim Edition

What's a jeans-hating woman to do in a season when indigo is everywhere? Jane Keltner de Valle confronts her denim demons.



Last fall I did something I thought I would never do: I wore a denim dress to New York Fashion Week. Let me preface this by saying I am an avowed hater of jeans and don't own a single pair of blue ones (the one black pair I have is reserved exclusively for airports). I know, I know—denim is supposed to be the fabric every American woman adores, but until now I wasn't feeling it.

It started after college. When I came to the conclusion that pants in general didn't look good on me, I adopted my strict diet of nipped-waist dresses and long, lean skirts, which I've stuck to ever since. As a fashion editor I am gifted jeans on a fairly regular basis, but I promptly regift them to friends or coworkers. I marvel at women like Jane Birkin and Jenna Lyons, who can pull off denim with chic nonchalance, and every once in a while, yes, I try a pair on. But the truth is, they aren't for me. Blue jeans are boho, rock 'n' roll, punk, country. My style, on the other hand, is polished and feminine to a fault. When I put on denim, I feel like an impostor.

So what inspired me to wear a dress cut entirely from denim, and on as big a stage as Fashion Week? I'll rewind to explain.

Precisely seven days earlier, Jason Wu, a designer whose elegant clothes have made him a favorite of our First Lady,

BURBERRY PRORSUM, MICHAEL KORS: YANNIS VLAMOS/STYLE.COM. GUCCI: MARCUS TONDO/STYLE.COM. JASON WU: FABIO IONA/STYLE.COM. TOD'S: ALESSANDRO GAROFALO/STYLE.COM

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Shift to Denim
The author in her MiH Jeans dress at New York Fashion Week

> "My style is polished and feminine to a fault. When I put on denim, I feel like an impostor."

had sent a sleeveless belted trench dress in faux-denim tweed and orange Levi's-esque topstitching down his runway. Several days after that, Michael Kors presented a fifties-inspired spring collection that included a dark denim car coat and tailored pantsuits. These smart pieces bore no resemblance to worn-in blue jeans; they were chic enough, in fact, to wear to the office. "It's the way people dress nowadays," says Wu, who himself wears jeans every day. "Women love comfort but also want to be dressed up. The rules are really changing about what is dressy and what is casual."

You can say that again. By the time the shows had ended, I was suddenly seeing denim everywhere, and more shockingly, I was liking it. At Burberry, Christopher Bailey reimagined the iconic trench in blue-jean fabric. A new label called Marques'Almeida emerged with a buzzy London runway show that was almost exclusively denim. Gucci, Stella McCartney, Chloé, and Valentino joined the club too. The common denominator: The new denim pieces are clean and tailored, cut in classic fashion silhouettes rather than utilitarian five-pocket ones.

Which brings me back to that denim dress I wore. It was designed by a British label called MiH Jeans and had an au courant frayed hem (a week later Miuccia Prada would show similar fraying on the Prada runway in Milan). I paired it with ladylike Céline sandals and my Delvaux bag. In other words, yes, it was denim—but I felt like *me* in it.

I have a feeling other denim-phobes (and, yes, I know you're out there!) may follow suit. *Glamour*'s own publisher, Connie Anne Phillips, describes herself as "casually challenged." "I'm most comfortable in a Chanel suit, high heels, and a tiara," she says, not joking. But she too wears jeans now. "It was a matter of putting them into my 'Hi, I run a magazine' vernacular," Phillips says. "Now I always wear jeans with a high heel and either a Chanel jacket, a silk Lanvin blouse, or a Brunello Cucinelli sweater." Her go-to style is a straight-leg dark wash, which she wears to the office on Fridays, out to dinner, and, recently, on a first date. "And he asked me out again!" Phillips says.

I was curious to discover how other non-jean-wearers have been reacting to the trend, so I phoned London-based fashion editor and Tod's creative consultant Caroline Issa, one of the chicest women I know—and someone who, like Phillips and me, has long resisted denim: "It's incredibly comfortable," says Issa. "But maybe *because* it's incredibly comfortable, I just don't feel polished in it." She is coming around, though. Pantsuits are a signature of hers, so a "Canadian tuxedo"—denim shirt and jeans—with a pair of crystal earrings has the same effect, Issa tells me. In fact, on her shortlist of must-haves for the season is a Tod's denim pantsuit with python pockets that, she notes, "would definitely work for the office. Even if you work at an investment bank, you're still wearing a suit. You just happen to be wearing it in denim."

As for me, while my closet is still completely devoid of blue jeans, my denim collection is expanding. I've got my eye on Burberry's masterful jean jacket with nipped waist and peplum shearling underlay; I love the idea of pairing it with a femme pencil skirt and heels for work-to-evening. I recently purchased an A-line MiH Jeans skirt that's become a new weekend staple with a clean white tee. And I've already added Wu's tweed denim-effect trench dress to my weekday rotation: For the office I wear it with simple black stilettos. For evening I'm taking a cue from Issa's styling book and dressing it up with a pair of sparkly drop earrings. As for how I'll wear it on the weekend? Not a chance! It's far too chic for laid-back Sundays.

Keep up with Jane's latest fashion obsessions on Instagram **@janekeltnerdev.**

KELTNER DE VALLE; PHIL OH/STREETPEEPER.COM

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Besides having grown up together, Elana, 27, a marketing manager, and Christina, 26, a teacher, are lifelong friends. They got closer when both went to college in New York City.

ELANA: In college, we'd always try new fashion and beauty trends. We still rely on each other for honest advice and info.

CHRISTINA: I love that you told me about Dove Dry Spray. As a teacher in the classroom, I run around all the time. Dove Dry Spray has no dry time, and it smells great.

ELANA: One thing I love about it is the scent. It's so fresh. And you feel clean, smooth and dry from daytime to nighttime.

CHRISTINA: I'm really glad you shared it with me. Now let me borrow that top.





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Edited by Ying Chu

The Best Eye Looks for *You*

Straight from the spring runways! Makeup artist Lucia Pieroni breaks down her prettiest creations. By Ying Chu



Try a Smoky Violet Eye
"A sooty powder shadow makes the look," says Clé de Peau Beauté makeup artist Lucia Pieroni of the ethereal effect she created here, at Vera Wang. On you: Using a fluffy brush, dust a tiny bit of purple shadow around eyes up to the crease. Layer on extra color a little at a time and blend edges well. No liner or mascara needed—you want the look soft.

BACKSTAGE AT VERA WANG: MICHELE MOROSI/INDIGITALIMAGES.COM

continued on next page

Try These Sweet Doll Eyes...

At Rochas, Pieroni paired clumped-together lashes with a harlequin dot under the eyes. It's "slightly odd, but in a beautiful way," she says. "And it really gives the appearance of wide-open eyes from afar."



YOUR BOLD-EYE ESSENTIALS
Clé de Peau Beauté Perfect Lash Mascara in Black ($50) and Eye Color Quad in Moon Beam ($80, both at cledepeaubeaute.com)

On you: For that doll effect on lashes, apply mascara and then, while it's still damp, pinch together small sections with your fingertips. If you're up for adding the black dot, use your mascara and make it tiny. A wash of pale shadow on the lids sweetens the look.

Go for Glowy Lids...

This look, at Missoni, is all about luminous, glossy eyelids, says Pieroni. "It gives depth rather than the 'Hey, I've got shadow on' effect. And when you blink, you get a pretty flash of light."



YOUR WEAR-EVERYWHERE GLOSS
MAC Gloss Lipmix ($15, maccosmetics.com)

YOUR INSTANT EYE BRIGHTENER
Clé de Peau Beauté Brilliant Enhancer ($64, cledepeaubeaute.com)

On you: Brush a taupe powder shadow on upper lids, from lash line to crease, and follow with a layer of clear lip gloss. Curl your lashes, brush brows to tidy, and forget mascara. But do try a pop of color on lips: Pieroni likes a matte texture to contrast with the glossy eyes.

...Or Do a Cool, Smoky Cat

In Pieroni's creative cat eye, here, at Giles, "the emphasis is between the eyes—it's very feline." One note: "This look works best on wide-set eyes," she says. Skip it "if yours are close together."



YOUR SUBTLE EYELINER
Physicians Formula Eye Definer Automatic Eye Pencil in Charcoal Grey ($6, at drugstores)

YOUR SMOKY-EYE SHADE
MAC Eye Shadow in Knight Divine ($16, maccosmetics.com)

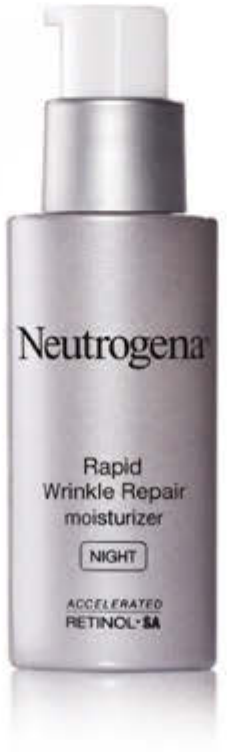
On you: Apply medium gray shadow (more real-life than the dark one Pieroni used at Giles) at inner corner of eyes, layering to get the intensity you like. For a more muted take, skip shadow and line the inner third of eyes with a gray pencil, then blend, blend, blend!

ROCHAS: ANDREA ADRIANI/IMAXTREE.COM. MISSONI, GILES: MICHELE MOROSI/INDIGITALIMAGES.COM. STILLS: **JOSEPHINE SCHIELE**

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Why Drew Likes Her Beauty *Im*perfect

Ms. Barrymore, the star of the upcoming film *Miss You Already*—and creator of Flower Beauty—shares her personal truths.





Her Boldest Beauty Move
"I found this photo of myself [from 2003] with burgundy lips and canary yellow shadow, which was all over my lids and possibly past my brows! It was very hard to pull off, but I'm glad I rocked it."
Make Up For Ever Artist Shadow in #S-402 ($21, sephora.com)



Her Signature Scent
"It's inspired by the morning and that light that pours into your windows. A beautiful chaos of vanilla, lemon, and cabbage rose."
Flower Cherished Fragrance eau de parfum ($25 for 1 oz., Walmart)

My favorite feature: My hair. It takes a licking and keeps on ticking. I destroy it time and time again, and it's still there, semi-happy. I love playing with it; it's like my personal plant—I keep getting to prune it.

My favorite look on a man: I love beards. They're the sexiest. But I will say that under no circumstances is a goatee OK. And soul patches are insanity! What is that all about?

My signature look: I feel perfect when I match my cheeks to my lips. It brightens up my whole face, that monochromatic color splash.

My body wisdom: After making two babies, holy cow, does your body do some crazy stuff! It's hard to stay positive and love yourself. You feel like a kangaroo with a giant pouch; everything's saggy and weird. But you think about how beautiful it is that you're able to make children. When I lose sight of that, I exercise, read Dr. Seuss's *Oh, the Places You'll Go!,* and spend time with my kids. Then I start to see things that are bigger than myself.

My desert-island essentials: I'm lost without Aquaphor Healing Ointment [$8, at drugstores], as lip balm and for every other odd emergency. I'll give anything not to have a zit, including buying Christine Chin's Hydrating Toner [$28, christinechin.com].

My selfie secret: You don't always have to look stunning on Instagram. I've been makeupless, pregnant, and stuffing food in my face in many pictures; that makes it all the more exciting when I *do* do something more attractive. I don't like it when everyone looks so perfect all the time. Where's the humor in that?
—as told to Ying Chu (follow Drew @DrewBarrymore)



Her Proudest Product Creation
"It's a rollerball concealer you can use under the eyes or on sun damage. It's awesome: It gives great coverage and works on everyone."
Flower D.B. Daily Brightening Undereye Cover Crème ($9, Walmart)



Her Favorite Makeup Look "I love a bright lip and bright eyeshadow. Just don't throw a ton of liner or mascara on top, and it can still look clean."
CoverGirl Colorlicious Lipstick in Tempt Berry ($7, at drugstores)

BARRYMORE: DAVID BURTON/TRUNK ARCHIVE. BOLDEST BEAUTY MOVE: ADAM PRETTY/GETTY IMAGES. STILLS: **JOSEPHINE SCHIELE**


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How a Beauty Editor Gets Her Glow Back



Has winter done a number on your skin? *Glamour*'s Simone Kitchens has a few radiance-reviving suggestions.

My Skin Dew-ifier
You know how good and insanely hydrated your skin looks right after the shower? I use **Givenchy** Hydra Sparkling Serum ($67, barneys.com) for that exact effect before an evening out. No makeup required!

My Bright-Eye Treatment
Dab a bit of **Clinique** All About Eyes Rich ($31 for 0.5 oz., clinique.com) every night to depuff undereyes and lighten up dark circles—I swear by it. For day, it's perfect over makeup for giving cheekbones the prettiest sheen.

My Repairing Blend
A single pump of **Lumene** Bright Now Vitamin C Dry Skin Cocktail ($22, CVS) in the A.M., before moisturizer and SPF, is all the dullness-fighting antioxidants I need. Done. (Read more on skin care superstars like vitamin C in Beauty Insight, page 148.)

My Healing Fix
My sensitive skin can get irritated, red, or sometimes flaky when I'm outside running to appointments. But the soothing **Nude** ProGenius Omega Treatment Milk ($78, Sephora) calms flare-ups on the spot. I apply it throughout the day as necessary.

My Universal Moisturizer
Consider this the marathon runner of hydrators: **L'Oréal Paris** Age Perfect Cell Renewal Facial Oil ($25, at drugstores) sinks in right away but gives full-day results. A few extra drops go a long way with dry cuticles too.

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DIY HAIR HANDBOOK

So You Want to Color Your Hair at Home...

Great! But before you do, read our ultimate guide to getting the shade of your dreams, goof-free. By Maureen Choi

You see Beyoncé's new hair color. You become (slightly) obsessed with Beyoncé's new hair color. You decide you need Beyoncé's new hair color. Awesome—we feel your enthusiasm. But how to *get* Beyoncé's new hair color at home, in your bathroom, with no next-day regret? Simple: Use this guide, full of advice from our favorite pros about *every* DIY hair decision, from subtle highlights to allover platinum. Rule number one sounds self-evident but isn't: Always follow the directions on the dye box. (Experts say not doing so is a top reason women wind up at the salon for pricey fixes.) Beyond that, read up, have fun—and tweet us a pic at @get_lipstick.



A heads-up for ladies with shoulder-length hair or longer: You may need two boxes to cover your whole head, so stock up before you start.

MARK LEIBOWITZ

How to do:

Allover Color

To get the exact results you want, pore over the "before" shades on the box labels when shopping—and make sure your starter color is a match.

TOTAL TIME NEEDED: ABOUT ONE HOUR

STEP 1

Don't wash hair for two days before you dye—you want your scalp's natural oils to act as a barrier against irritation, says Clairol Professional celebrity colorist Kiyah Wright. If you have supersensitive skin, add a packet of Sweet'N Low to the dye to help stop the drying effects of ammonia.

STEP 2

Do a strand test first by applying color on a small section. This will help you work out timing. Your hair texture will factor in here: The finer it is, the faster it'll lighten—you may need five to 10 minutes less than the box says; if you have coarse or dry hair, you can go by the recommended time.

STEP 3

Read, reread, and follow the box instructions to a T. (Exception: *Don't* apply color from roots to ends in one go; see step 4.)

STEP 4

This tip helps get even color every time when you're dyeing your whole head: First, apply dye a half-inch away from your scalp and work toward ends (the heat from your head makes the color develop faster at the root). Then, halfway through the processing time, go back and cover your roots.

How to do:

Highlights

The trick for that naturally sun-kissed look? Choose a kit that's only one shade lighter than your base color, says NYC celebrity colorist Rita Hazan.

TOTAL TIME NEEDED: ABOUT ONE HOUR

STEP 1

Once you've done a strand test and read the instructions (see Allover Color, steps 1 through 3, left), blow-dry, style, and part hair as you normally would. This will help show off which pieces to highlight.

STEP 2

Here's where you want to ignore the directions *slightly*. Instead of pulling out random strands, do this: Starting at the front and working back toward your crown, section out 10 quarter-inch-wide pieces a quarter of an inch apart. Don't space them evenly though; the most natural-looking highlights are asymmetrical.

STEP 3

Use a toothbrush (it's more precise than a kit's brush) to apply the solution from roots to ends. To prevent color from bleeding, prop each piece up away from your head with a cotton ball.

STEP 4

Let the dye sit for the amount of time indicated (if you're nervous, rinse one piece five minutes early and check the color). Wash and finish with a clear gloss treatment to help seal the color and boost shine.

How to do:

Platinum Blond

Word to the wise: Attempt this pale effect at home only if you're a natural blond with just a few highlights. Brunettes and redheads, get thee to a salon!

TOTAL TIME NEEDED: ABOUT TWO HOURS

STEP 1

Before you do anything, follow the first three steps listed in the Allover Color section, far left. Then, starting at the back of your head and working forward, apply the solution, keeping it one inch away from the roots. Massage the color in so every strand is covered.

STEP 2

Let it sit for 20 to 30 minutes, but check the progress every five to 10. Don't be alarmed if you see a tinge of red; hair exposes in stages as it lightens, says NYC celebrity colorist Marie Robinson.

STEP 3

After 30 minutes, apply the rest of the solution onto roots, and time for an additional 10 to 30 minutes, depending on how light you're going.

STEP 4

Rinse a strand above your ear and gently pull on it to make sure it doesn't break. If it does, rinse your hair immediately and follow with a protein mask. If hair still has a golden tint, leave the dye on for 10 more minutes. If the color looks good, rinse with warm water, then shampoo your hair and condition.

The Dos & Don'ts of

Touching Up Your Roots

When a tinted dry shampoo no longer hides the obvious, follow these rules:

Do
swipe a clear balm like ChapStick or petroleum jelly along your hairline and on the tops of your ears before coloring roots (or anytime you're dyeing) to create a barrier against staining.

Don't
work in big sections. For the most even application, part dry hair, and brush color on in quarter-inch pieces. Continue parting and applying dye until roots are completely covered.

Do
brush dye on several times as it's drying to ensure that every single strand is fully saturated, says L'Oréal Paris colorist Kari Hill.

Don't
get stuck with a harsh line of demarcation where your roots and your old color meet. To avoid it, use a wide-toothed comb halfway through the drying process to work a bit of color from roots to midshaft.

Do
put hair color on gray areas first. Since they tend to be drier and coarser, they'll need a little extra time (about five to 10 minutes) to completely absorb the dye.

continued on page 136

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–Lindsay Speros, *Glamour*'s Senior Beauty Merchandising Director



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DIY HAIR HANDBOOK

30 Hair Color Ideas!

For April, we're making The Month in Hairstyles all about gorgeous hues, highlights, and pretty pastels to inspire *your* next color move.

Blond



1 Go full-on platinum for an edgy vibe...



2 ...and let a little root show for extra drama.



3 Bring out baby blond hair with a choppy crop.



4 Give golden strands sheen with a glossing mist.



5 Matching your hair to your brows: doable in any color!



6 For a honey hue, try John Frieda Precision Foam Colour in 9N ($12, at drugstores).



7 Dip-dyed ends? Try Manic Panic Amplified Hair Color in Cotton Candy Pink ($18, manic panic.com).



8 Warm champagne highlights at at their best.

Hate maintenance? Try an ombré effect on ends.



9



10 Make butterscotch highlights pop with shaggy layers.

Red



11 Brushed-out curls make strawberry blond fresh.



12 For a striking scarlet shade, try Garnier Nutrisse Nourishing Color Foam Permanent Haircolor in 6RR ($10, at drugstores).



13 Revive copper waves with a tinted shampoo.



14 To get the perfect ginger tone, try Clairol Nice 'n Easy in Natural Light Auburn ($8, clairol.com).



15 Keep vibrant strands chic with a simple braid.



16 Choose a few sections, and tint them orange.

Brunette



17 For a bronzy brown, try Revlon Luxurious ColorSilk Buttercream in Light Copper ($6, at drugstores).



18 Pair a chocolaty hue with contrasting cherry lips.



19 Go for auburn ombré ends to get a two-tone pony.



20 Add texture to a piecey pixie with subtle blond stripes.



21 For a soft cinnamon tint, try L'Oréal Paris Superior Preference Glam Lights in GL50 ($13, at drugstores).



22 Larger-than-life curls give caramel hair instant oomph.



23 Clip in a streak of red to bring drama to a plain old pony.



24 Give cocoa hair flair with chunky highlights and blunt bangs.



28 Love this mahogany shade? Try Clairol Natural Instincts Crema Keratina in 4BZ ($9, clairol.com).



25 Weave rainbow extensions into a fishtail braid.



26 For dimension in black hair, add fine mocha streaks.

Wake up your dull color with a luminous *blond* glaze.



27



29 Want high impact? Pair allover ebony with a pretty pink shadow.



30 Over your ombré? Hide the ends with a glam chignon.

Your Color Lexicon

Stumped at the drugstore? Here's what those funky shade names on the box really mean:

Ash: A cool shade with green, blue, or purple undertones that keeps blonds from turning brassy. Go for it if you're fair with rosy cheeks—it'll help neutralize redness in skin.

Warm: A tone formulated with flecks of red, copper, and yellow. It works great as an allover hue on natural dark blonds and brunettes.

Natural: A hue that's neutral—neither ashy nor warm. It's a safe bet if you're looking for a slightly turned-up version of your original hair color.

Golden: A shade similar to warm but with a more intense butter-yellow base. It looks gorgeous on almost all skin tones.

Mahogany: A cool reddish-brown with purple undertones; slightly darker than auburn. Try it if you've got a medium or dark complexion and want to warm up your skin tone.

Pearl: A platinum hair color with an iridescent cool-beige base (picture vanilla ice cream). Use it to help keep hair from turning brassy.

.com Want the hair colors here? Get exact shade recommendations at **lipstick.com/hair.**

continued on next page

1, 2, 3, 5, 10, 11, 12, 14, 17, 22, 25, 26, 27, 29: **JASON LLOYD-EVANS.** 4, 8, 9, 13, 15, 20, 28: **MARK LEIBOWITZ.** 6: VICTORIA ADAMSON/BLAUBLUT EDITION. 7: TOMMY TON/TRUNK ARCHIVE. 16: ANTONELLO TRIO/IMAXTREE.COM. 18, 23, 24: PIER/MODELSJAM.COM. 19: KYLE ERICKSEN/WWD. 21: PETER MICHAEL DILLS/GETTY IMAGES. 30: SONNY VANDEVELDE/INDIGITALIMAGES.COM



DIY HAIR HANDBOOK

You *Hate* Your New Color!

Now What?

Instead of sitting on hold with the 1-800 operator, turn to these easy fixes for every color mishap. The things you'll need on hand: a clarifying shampoo, a conditioning mask, and a few pantry goods.

If your hair is too dark... Wash it immediately, says Wella Professionals celebrity colorist Jennifer J. If it's *far* too dark, mix a tablespoon of baking soda (which acts as a mild detergent) with a clarifying shampoo like Pantene Truly Natural Clarifying Shampoo ($5, at drugstores), and let it sit on wet hair for five minutes. Or apply olive oil to damp hair, wrap it all up in a shower cap, and place a hot towel over it. "The heat opens up the cuticle just enough to let a few dye molecules slip out," she says. Follow with your regular shampoo ASAP.

If it's too light... You're going to have to add more dye. For hair that's just a little too pale, choose the next shade darker than the one you started with, and apply it only on the areas you think are too faint. Leave the color on for half the time indicated on the box, and keep checking to make sure it doesn't go too far. If hair is way too light, see a pro.

If it's brassy... You'll need to tone down your hair's warm tint. If you used semi-permanent dye, try a lavender-hued shampoo like Clairol Professional Shimmer Lights Shampoo ($9, sallybeauty.com) for the next few days. If you went with a permanent formula, paint a shade that's two tones darker just on the orangey spots. Next time, go for cooler tones with a blue base.

If it turned green from dyeing (or it was exposed to chlorine)... Try washing the tint out with a clarifying shampoo or a deep treatment mask like Wella Professionals Enrich Moisturizing Treatment ($12, wella.com for salons) right away. If that doesn't do the trick, rinse hair with ketchup. The red counteracts the green, and the acidity helps neutralize the reaction.

You *Love* Your New Color!

Now Make It Last

Use the right products. "Treat hair the way you would your skin," says L'Oréal Paris' Hill. Translation: Use a sulfate-free, color-preserving shampoo and conditioner, and stick with alcohol-free (the label will say) stylers that won't dry hair out.

Shampoo less often. Water is hair color's worst enemy, so on the days you can, skip washing altogether and blast roots with dry shampoo. On the days you can't, use as little shampoo as possible, or better yet, rinse hair with warm water and use just conditioner.

Mask it. Commit to using a deep conditioner once a week to keep hair hydrated and soft. Afterward, let air-dry if possible.

Do a glaze. Think of color-enhancing glosses as a topcoat for your hair—they add shine and deposit a transparent coat of color. Try a lightweight formula like John Frieda Colour Refreshing Gloss ($13, at drugstores) every week.

Protect against UV. Easy: Wear a broad-rimmed hat to prevent the sun from bleaching the color. When you can't, spritz hair with a UV protectant like Bumble and Bumble Surf Infusion ($29, bumbleandbumble.com) 30 minutes before heading out.



TO KEEP COLOR VIBRANT
Paul Mitchell Ultimate Color Repair Triple Rescue ($20, paulmitchell.com for salons); **Fekkai** Technician Color Care Luxe Color Mask ($25, fekkai.com)

Don't Try *These* Treatments at Home

Some advanced color techniques always require a pro. Book an appointment and relax!

Shifting more than two shades lighter or darker than your natural color. "A dramatic change needs expert toning skills to control brassiness and damage," says Aveda global color director Ian Michael Black.

Average price: $200
Maintenance: Roots every four to six weeks

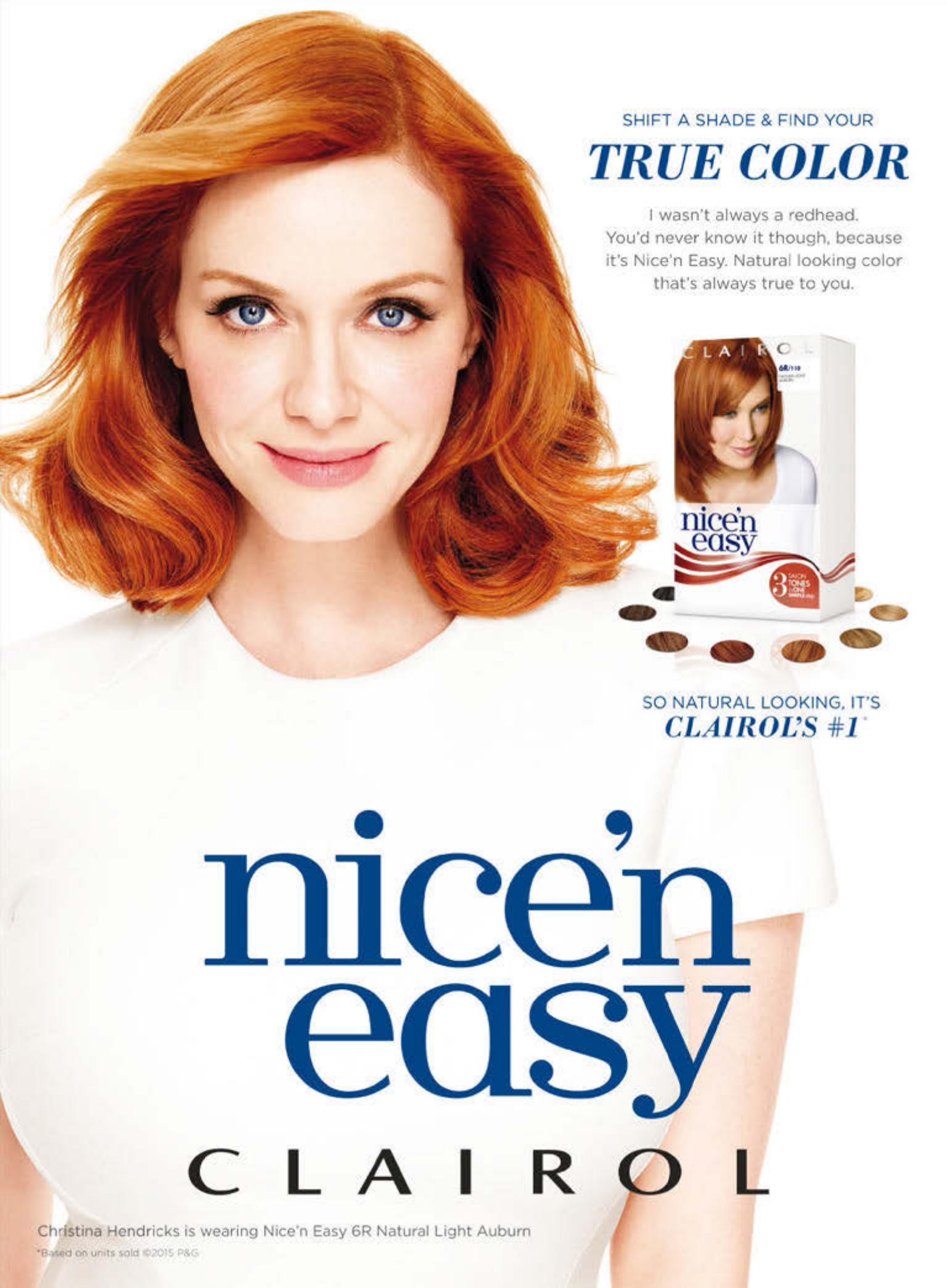
Getting babylights (super-subtle, natural-looking highlights). They require a complex process of hand-painting tons of baby-fine streaks in various graduating shades around the crown, part, and hairline, says Black. "You just can't get those pieces small enough or consistent-looking on yourself," he explains. The good news? Once done, they're low maintenance.

Average price: $250
Maintenance: Touch-ups every three to four months

Going platinum if you're anything but a natural blond. "There's a 100 percent chance that you'll end up brassy if you're bleaching brown or red hair at home," he says. A colorist will help you determine whether platinum is actually right for you and your texture, and will know how to do it without completely frying your strands.

Average price: $250
Maintenance: Root touch-ups and toning every four to six weeks

MARK LEIBOWITZ. STILLS: JOSEPHINE SCHIELE


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Christina Hendricks is wearing Nice'n Easy 6R Natural Light Auburn
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"It instantly blurred my imperfections and helped prolong my foundation without sinking into my fine lines and pores."

–Cynthia, Manteca, CA

"My pores were immediately smaller and my wrinkles were blurred."

–Susanne, West Haven, CT

"I could see visible results right away upon application. My skin looked younger and more alive."

–Nancy, Thompson, CT

Miracle Blur Instant Skin Smoother erases the look of lines, pores and wrinkles.



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*Source: Glamspotters Reader Panel, January 2015; Product trial conducted among 84 participants ages 30–55 who use mass foundation regularly and received a complimentary L'Oréal RevitaLift® Miracle Blur product for use.

Also available is Miracle Blur Instant Eye Smoother, which erases the look of crow's feet and bags.



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#1 ANTI-AGING WORLDWIDE

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Make Me Over, YouTube

There will be more than 8 billion views of beauty tutorials on YouTube this year. And at least 257 of them will be from writer Edith Zimmerman trying to find her new look. Listen and learn!



Need Some Beauty Advice? If you're a novice, type "easy" or "quick" in front of any hair or makeup search term to get the best beginner tutorials.

I've somehow gotten to age 31 without really knowing how to apply makeup. Mine usually disappears quickly—where does it go?—or migrates elsewhere, but that doesn't stop me from dreaming of someday becoming That Girl Who Looks Effortlessly Polished. When I see an amazing-looking, pulled-together woman, her eyeliner not even a little smudged, I wonder how and when she learned to do that. Some basic trial-and-error process that I missed as a teenager? A bolder sense of curiosity? Drunk luck? I have no idea. After years of working from home, I'd say my current look is "comfortable-resigned," but as I enter my (hopefully) less sloppy thirties, I'd finally like to try to figure out some of this stuff. And I'd prefer to do it from the privacy of my home, guided exclusively by YouTube makeup tutorials, which I love as much for their hypnotic and unique intimacy as for their usefulness. But I am a bit lost on where exactly to begin this self-transformation, so I start with the familiar, searching for videos on how to re-create the looks of my lifelong beauty icons: females (and fictional characters) who've influenced me during formative phases of my life. Anyway, here we go.

Blush and Braids

Inspired by my childhood icon Kirsten Larson



I kick off with a look from my grade school idol Kirsten Larson, the plucky blond American Girl doll character, whom I admire for her rosy, healthy complexion and excellent runway-current braids. For my first tutorial I search how to actually apply blush, not just douse myself, and find a transfixing "5 Different Ways to Apply Blusher" mind-exploder from a dude (!), Wayne Goss, who demonstrates by putting makeup on his own face. Goss has a warm sensibility and a dry sense of humor. (I also like his tagline: "Remember, it's only makeup.") His suggestion of an alarmingly bright pink blush is so unexpectedly fun and easy to apply (the idea: "getting the most pigmented blush you can find and using it with a light hand"), not to mention flattering, that I now brush it on friends who come over. They are mostly into it.

Bottom line: Goss makes makeup feel less high-stakes. And I learn that I can go nuts with blush, since it's pretty much always flattering, even in neon pink.

continued on next page

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Reference: 1. Alcon data on file, 2012.

Ask your eye care professional for complete wear, care and safety information.

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The Vamp Look

Inspired by my middle school icon from *The Craft*



After being hypnotized in seventh grade by Fairuza Balk, left, in the culty midnineties witch film *The Craft,* I entered a mini goth phase during which I wore (lightly applied) black lipstick to school. This in turn got me in trouble for being "trampy." No one can ground me now, though! So I find a "Punk/Goth–Inspired Siouxsie Sioux Makeup Tutorial" from the friendly, self-deprecating makeup artist Samantha Chapman (a.k.a. Pixiwoo). She describes the look as "not a people pleaser," but I must respectfully disagree. Her video teaches me that at some point everyone should apply far more black eye makeup than they think they'd ever wear, if only to test and potentially expand personal boundaries. I cannot believe it's taken me almost 20 years to try this brilliant idea. I don't leave the house with it on, but I do send a goofy selfie to a friend and keep layering, until my mascara basically starts falling off from its own weight, which is fun(ny).

Bottom line: I don't land my new day look, but I do feel a lot less intimidated by your average smoky eye.

Self-tanner 2.0

Inspired by my college icon Gisele Bündchen



My late-nineties, early-2000s beauty icons were anyone with amazing skin and a tomboyish glow. I had (and still have) acne scars, and I remember a close-up picture of Gisele Bündchen that I tore out of a magazine. I examined it whenever I felt especially self-pitying—because you could see her pores. She was real! This was a revelation. I also liked that Bündchen appeared strong, durable, *and* stunning. She was human-being-sized proof that you didn't have to be fragile and matte to be magazine-pretty. She was so casually, naturally sexy—all that dewy, tanned bronze skin. *Sigh.* Forever out of my reach. Or so I thought, because at that point self-tanner seemed weird and streaky and fake. With that in mind today, I



> "Everyone needs to apply far more black eye makeup than they'd ever wear, if only to expand personal boundaries."
>
> *—the author, above, testing out the goth look*

turn to the OG of beauty tutorials, Michelle Phan, who does not steer me wrong with her "Golden Hour" video. It's amazing: I start with just a test circle of Karora Gradual Tan Golden Girl self-tanner in Light/Medium on my forearm and progress to my face. A couple of hours later I resemble a sunnier version of myself.

Bottom line: I let go of my fears of turning Oompa Loompa orange, and I've now used self-tanner on my face, arms, legs, feet, everywhere. I actually look tan this very minute.

Bombshell Cat Eyes

Inspired by my twenties icon Brigitte Bardot



During my early twenties I started my first job and fell in love with offices and all things "business-casual." In retrospect the term was best embodied by a beloved tweed vest that I typically wore over a many-buttoned blouse and pencil skirt—and dreamed of pairing with a Brigitte Bardot bombshell look (though never dared). I eventually outgrew the outfit, but the Bardot vibe has stayed with me. So, alone on a weekday, I study a "Baby Bardot" video from the funny British makeup artist Lisa Eldridge. Of all the looks, this is the hardest to re-create. After dozens of stop-and-rewinds, I realize that I'll never be a full-face-foundation person (up close it just looks like something coating my peach fuzz), though I do develop an increased appreciation for muted eyeshadows.

Bottom line: The full Bardot never quite works out for me, but I'm determined to master her kittenish liner. My boyfriend gently tells me that although I look great, he doesn't totally love "the cat-eye things." I vow to keep practicing—while not letting him stare deeply into my eyes for very long.

Wind-Machine Waves

Inspired by my current icon Connie Britton



I know it's cliché to gush about wanting to look like *Nashville*'s Connie Britton, but she really continues to nail it—those waves especially—in such an excellent way. There's something about her hair that conveys her whole vibe of being feminine and strong, beautiful and powerful, and I attempt to get that hair, or whatever approximation I can coax mine into. YouTube provides dozens of how-tos that I try (and ultimately fail at) until I discover Vivian Vo-Farmer's simple but ingenious "Heatless Wavy Hair" tutorial, which involves sleeping on two damp French twists coiled into buns at the bottom. And that's it. It works perfectly.

Bottom line: Master a curling iron? Not so much. But I can wholeheartedly get behind twisting my hair and going to bed. Even the boyfriend approves of this one.

So seriously, after years of convincing myself that a bare face and sweatpants is my best look, I'm surprised by how much I enjoy spending a little time getting ready. I thought it might feel frivolous, but instead it feels like I'm doing a small kindness for myself. I decide that even if my soul homunculus still wears sweatpants (she does), she might also wear eyeliner and mascara. Also sometimes bronzer. (Bronzer is amazing! I get this now.)

Edith Zimmerman is a Brooklyn-based writer and founding editor of The Hairpin. Follow her @edithzimmerman.

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3

Skin Care Reality Check!

In a world of trendy face-cream ingredients (bee venom! stem cells!), a few essential elements earn doctors' loyalty year after year. Do you know them yet? By Cristina Mueller



By now you know the drill: Every few months a new wunderkind skin care ingredient is discovered in a Tahitian jungle, deep-sea chasm, or other remote locale, and pretty soon it's everywhere: masks, serums, foot creams, you name it. "There's an endless stream to the market, it seems," says New York City dermatologist Amy Wechsler, M.D., who, like most of her peers, prefers to take a look at the big picture, guiding patients toward those few bona fide ingredients with science to back up their skin-beautifying claims. "At the end of the day, a handful of ingredients have stood the test of time," agrees Cambridge, Massachusetts, dermatologist Ranella Hirsch, M.D. "In skin care they are the holy grail." You've probably heard of all these guys by now (good old retinol makes the list), but dermatologists' exact recommendations for how to use them to best fight wrinkles and acne may surprise you. Here, we break it all down.

Retinol

For antiaging...and everything else

If there's one ingredient lauded more than any other for its wrinkle-fighting, complexion-perfecting abilities, it's this crazy-effective derivative of vitamin A. "Here's the deal with retinol," explains Dr. Hirsch. "We were talking about it in 1975, and we're still talking about it now because it *works*. And you can actually see how well it works on the people who started using it in 1975!" In study after study retinol has been shown to build collagen, decrease fine lines, improve skin's texture—and fight acne. The prescription version (retinoic acid, or Retin-A) acts fastest but is pricey and can be drying; over-the-counter retinols take eight to 10 weeks to show results (compared with six weeks with an Rx) but are paired with anti-inflammatories to calm the redness, peeling, or dryness, so new users generally don't have to suffer. They also cost less than the brand-name prescription stuff, which is generally over $100 (and not covered by insurance).

Make it work for you: Whichever type you use, you'll want to ease into your retinol use slowly. "I start patients on the mildest version, one night a week at the onset," says Dr. Wechsler. As your skin begins to tolerate a pea-sized amount, you can eventually go up to two nights a week. But stay off harsh physical scrubs and peels while you're using retinol; remember to moisturize, moisturize, moisturize; and use extra sunscreen for the first six months. And over the long term, "it's a myth that retinol makes



TO EVEN TEXTURE
Peter Thomas Roth 3% Retinol Plus Serum ($78, peterthomasroth.com in May)



TO SMOOTH OUT LINES
Bliss Firm, Baby, Firm Moisturizing Gel-Cream ($62, blissworld.com)

continued on next page

FACE: ARTHUR BELEBEAU/TRUNK ARCHIVE. STILLS: **JON PATERSON**


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you more sun-sensitive," says Miami- and NYC-based dermatologist Fredric Brandt, M.D.

Try it for your body: "Studies have shown retinol reduces stretch marks too," says Dr. Brandt. He recommends smoothing on a prescription cream twice a week; over-the-counter body lotions like Chantecaille Retinol Body Treatment ($96, chantecaille.com) incorporate the powerful ingredient too.

Hyaluronic Acid

For serious moisturizing

This little molecule helps lubricate our joints and keep skin plump, and is one of the world's finest humectants (elements that attract and retain water). What does that mean for skin? "Hyaluronic acid is awesome," says Dr. Wechsler, "and it absolutely works"; in addition to being a terrific moisturizer, she says, it partners well with other active skin care ingredients (so you can layer it with retinol, for example, and use it daily). "The beauty of hyaluronic acid is that it doesn't have any fine print," says Dr. Hirsch. "It benefits any skin type, at any age. And the truth is that everyone looks better with hydrated skin."

Make it work for you: Hyaluronic acid is even ungreasy enough for oily skin, says Dr. Brandt. Look for it in moisturizers that also have other vitamins: Chanel Hydra Beauty Micro Sérum ($110, chanel.com) blends hyaluronic acid with antioxidants.

Try it for your body: This extra-hydrating, long-lasting ingredient also keeps limbs, hands, and feet smooth and supple. We like Mio The A Cream Firming Body Cream ($40, mioskincare.com).



TO BOOST MOISTURE
Neutrogena Hydro Boost Water Gel ($19, neutrogena.com)



TO BRIGHTEN UP
Indie Lee Rosehip Cleanser ($32, indielee.com)

Vitamin C

For boosting glow

Here's what doctors love about vitamin C: "We know from many studies that it's an incredible antioxidant and that it stimulates collagen production," says Dr. Brandt. In other words, it increases glow and evens out spots. For best results, "look for a high concentration, up to 20 percent in a serum or cream," says Dr. Brandt. And for an even bigger brightening boost, combine vitamin C with vitamin E (we love the Clinique All About Eyes Rich cream on page 128) or ferulic acid. But vitamin C does have a downside: It breaks down when exposed to oxygen and light. Seek out truly airtight packaging (no screw-top lids), watch out for discolored formulas, and know that because vitamin C loses efficacy in the sun, it's best as a nighttime product, says Montclair, New Jersey, dermatologist Jeanine Downie, M.D. But "use it on the nights you're not applying retinol," she adds.

Make it work for you: So who is vitamin C right for? If anyone comes to Dr. Hirsch and says, "'Hmm, I'm getting little lines and spots around my eyes,' I immediately think of vitamin C," she says. It helps makeup go on more smoothly, and brown spots get lighter. Apply a few times a week for best results.

Try it for your body: Look for vitamin C in a hand cream—it's great for treating and preventing spots on the backs of hands. Try Juice Beauty Green Apple Age Defy Hand Cream ($12, Ulta).

Peptides

For firming skin

"Think of peptides as Legos in the building of a Lego city; they are protein building blocks," says Dr. Hirsch of the skin strengtheners. Studies show certain peptides can boost collagen production or speed wound healing and mimic the effect of Botox when applied topically, says Dr. Brandt. That means you'll likely want to introduce peptides in your thirties, when you notice your skin doesn't feel quite as firm or bouncy as it did in your twenties.

Make it work for you: Like vitamin C, peptides can be rickety little molecules—make sure they don't degrade before they work their magic on your skin (the same no-open-jar rule applies here too). We like these formulas, which contain stable peptides that are also easily absorbed: Olay Regenerist Luminous Brightening & Protecting Lotion ($26, at drugstores) is a great daily moisturizer, while Dr. Brandt DNA

Buyer, Beware

How to Spot Skin Care B.S.

1

Read the fine print (don't worry, it doesn't take long).

"Look at the back label," says Dr. Wechsler. "If the forty-ninth or fiftieth ingredient on the ingredients list is the one they're touting in giant letters on the front of the bottle, that means it's in a really low concentration." There's little regulation of skin care claims, she says, so companies can play up whatever ingredients they want—however minute the quantity.

2

Forgo products specifically made for earlobes, upper lip, or elbows.

"I think it's ridiculous, the notion that you need something for each separate part of your body," says Dr. Hirsch. "It's just marketing." Instead, invest in a few products with one (or several!) of the active ingredients in this story, and use them all over. (The exception is eye cream; the skin around the eyes is thin, so formulas are different, says Dr. Hirsch.)

3

Be wary of marketing jargon: An apple stem cell is not *really* that sort of stem cell.

Human stem cells act in a miraculously reparative way on skin—but they're available for medical uses only. So a vegan alternative sounds great, right? Wrong: Dr. Brandt warns that results are *not* the same. "You're better off with a proven collagen builder like retinol," he says.

STILLS: JON PATERSON

continued on next page


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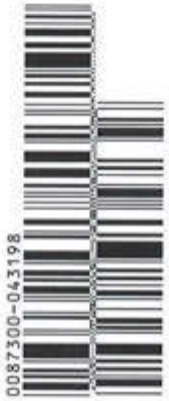
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Triple Peptide Eye Cream ($80, drbrandtskincare.com) targets issues like fine lines and crow's-feet.
Try it for your body: Damage-repairing copper peptides smooth and firm skin, and may fade old scars and stretch marks—and there's emerging science that some have been found to safely treat eczema. Try Ahava Firming Body Cream ($39, ahavaus.com).

Salicylic Acid and Benzoyl Peroxide

For eradicating acne

OK, these are technically two ingredients, not one—but the pair is said so frequently in the same acne-fighting sentence that it seems a shame to split them up. "Salicylic acid is a lipid-soluble acid, so it penetrates into oily pores to clean them out, and it's anti-inflammatory too," says Dr. Brandt. "Benzoyl is antibacterial, so together they work synergistically."
Make it work for you: Look for bacteria-zapping benzoyl peroxide in face washes or spot treatments; it's widely available in drugstores, ranging from 2.5 percent to 10 percent concentrations, so to minimize irritation start with the lowest. Try salicylic acid in an allover toner or cream to prevent breakouts, or on pimples if you have sensitive skin—it's gentler than benzoyl, explains Dr. Wechsler.
Try it for your body: A mix of salicylic acid and glycolic acid—more on that below—can help get rid of keratosis pilaris (those vexing "chicken skin" bumps on your arms, thighs, or butt), or KP, says Dr. Wechsler. We like Murad Acne Body Wash ($40, murad.com).



Use a face cream on your body? Go for it—glycolic acid is great for getting rid of bumps on your back and chest.

Alpha Hydroxy Acids

For smoothing skin

"My patients love, love, love AHAs," says Dr. Downie, who says that the powerful exfoliators are genius for clearing up sun damage, hyperpigmentation, acne, and fine lines. Multiple AHAs exist, she says, but the most popular (and potent) is glycolic acid, which penetrates damaged skin to spur fresh new skin cell production.
Make it work for you: Glycolic acid does its exfoliating work in everything from once-monthly in-office face peels to nightly washes. But it's best not to use glycolic acid while you're on retinols, warns Dr. Brandt. And if your skin is sensitive, try glycolic's less intense AHA cousin, lactic acid, which also chemically exfoliates but isn't as drying. Find it in Pond's Rejuveness Anti-Wrinkle Cream ($10, at drugstores).
Try it for your body: A glycolic acid peel can work wonders on stubborn body acne, says Dr. Hirsch. And lactic acid can be an incredible allover skin softener. Try Philosophy the Microdelivery Exfoliating Body Wash ($26, philosophy.com).



TO ERASE DULLNESS
Ole Henriksen
Invigorating Night Treatment
($45, sephora.com)

Keep an Eye Out for These Promising Newcomers...

Algae
Sea plants have been making their way into products for their anti-inflammatory effects. "I have patients who like it for reducing puffiness," says Dr. Hirsch. Try Fresh Lotus Youth Preserve Eye Cream ($42, fresh.com).



Charcoal
Long used as a purifier in water filters, charcoal also helps clear pores. While Dr. Hirsch warns that not much clinical data exists, she has patients who swear by it. A good one: Bioré Charcoal Pore Minimizer ($9, at drugstores).



Snail Mucin
Yes, this is what it sounds like—snail slime. The theory, says Dr. Hirsch (and it's just a theory right now), is that the goo contains proteins that may help repair damaged skin. We like Dr. Jart+ Premium Time Returning Serum ($54, sephora.com).



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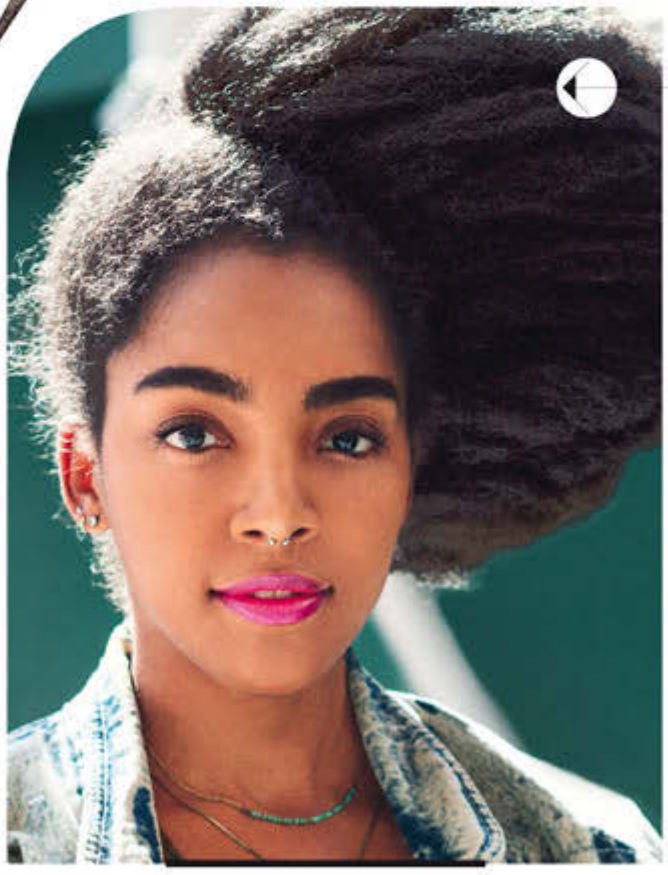
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35 Under 35 The New Beauty Superstars

Have you bought a lipstick lately? Insta-stalked a side braid or pixie? Chances are you have someone in this story to thank. Meet *the* young beauty influencers of 2015 (all 35 and under!)—and steal their tips and career secrets. By Fiorella Valdesolo



The How-to Gurus

These women are teaching the world about confidence in beauty, one updo and smoky-eye tutorial at a time.



THE NATURAL-HAIR TRAILBLAZER

Cipriana Quann, 27

FOLLOW: @CIPRIANAQUANN

"I was told my hair was a problem," says Quann, referring to the phrase she heard over and over again during her modeling days. "I was ashamed [of it], so I was constantly trying to alter its texture." Quann's journey toward embracing and glorifying her natural texture became inspiration for Urban Bush Babes, the must-visit online destination designed to "show different types of beauty and to encourage women to be comfortable being themselves." Natural-hair girls, Urban Bush Babes is your ultimate style encyclopedia—and Quann is your icon.

HER D.I.Y. CONDITIONING-OIL STYLER (A.K.A. LOVE POTION #9): Combine ½ cup extra-virgin coconut oil, ¼ cup jojoba oil, 3 tbsp. extra-virgin olive oil, 1 tsp. castor oil, and 3 drops rosemary oil. Apply to slightly damp hair, then air-dry.

THE YOUTUBE TEEN QUEEN

Bethany Mota, 19

FOLLOW: @BETHANYNOELM

Over 8.2 million YouTube subscribers, a spot on *Dancing With the Stars*, and her interview with President Obama after his State of the Union address in January make Mota a must for our influencer list. Her beauty necessity? "Benefit Benetint lip and cheek stain—it really lasts in the heat!"

THE VLOGGER NEXT DOOR

Zoe Sugg, 25

FOLLOW: @ZOEEBO

This YouTube sensation has 7.3 million–plus subscribers *and* a beauty line. Her personal wisdom? "My advice to my younger self is to leave my eyebrows alone!" says Sugg (a.k.a. Zoella). "I overplucked, and they took years to recover."

THE SELF-BRANDING WHIZ

Michelle Phan, 27

FOLLOW: @MICHELLEPHAN

When Phan launched her YouTube channel in 2007, Gmail was in its infancy and MySpace was the top social media site. A lot has changed! But Phan remains as relevant as ever, transforming her YouTube success (more than 7.4 million subscribers) into a host of her own brands: Em Cosmetics, the beauty subscription service Ipsy, plus a soon-to-launch music label and video- and photo-editing app.



QUANN: JASON JEAN/CITIZEN COUTURE. PHAN: **MEREDITH JENKS**. STILLS: **WORLD PICTURE SERVICE**

continued on next page

The Moguls

They've got beauty know-how *and* business skills. Love that!

THE LEGACY KEEPERS

Prisca, 28, and Virginie Courtin-Clarins, 29

FOLLOW: @PRISCOURTIN, @VIVICOURTIN

Luxury French skin care and makeup brand Clarins has always been celebrated, but when the Paris-based Courtin-Clarins cousins—four leggy granddaughters of founder Jacques—emerged in the public eye a few years ago to work with the brand, it developed a cool new cachet.



Two are now devoting themselves to the 61-year-old family business full-time: Prisca, above, as Clarins' global head of spa activities and development; Virginie as marketing and communications director for the Clarins-owned Mugler fashion house (she was behind the hiring of hot designer David Koma for the brand and involved in signing perfume face Georgia May Jagger).

HER CAREER PATH:
Before her Clarins gig, Prisca spearheaded the wildly popular Paris mani chain Nail Factory. "Although [Clarins] is a leader in Europe, we still need to target younger customers," she says, referencing plans to launch Maison Clarins this fall—a digitally driven retail-hybrid experience. Stay tuned!



THE NEW NICHE PERFUME FORCE

Anja Rubik, 31

FOLLOW: @ANJA_RUBIK

As a model she's been the face of countless fragrances, but the campaign Rubik is proudest of is the one for her *own* perfume creation, Original (at Barneys New York in March). The longtime scent junkie was hands-on about every detail of its creation—she funded it independently, handpicked the development team, and chose everything from the lily-centric scent ("lilies are incredibly elegant but also fragile") to the nuances of bottle design.

HER BEAUTY WISDOM:
"My little secret is that I love drawing on freckles with a brown pencil; it gives you a bit of youth."

THE HEALTHY-LIFESTYLE FOUNDER

Jessica Alba, 34

FOLLOW: @JESSICAALBA

Alba's second career calling has proved to be as profitable as her first. The Honest Company, her line of safe, effective, and affordable lifestyle products (from diapers to shampoo), is hurtling toward an IPO with an estimated value of close to $1 billion. Fans are drawn to it for the same reasons they love Alba: It's super-pretty, down-to-earth—and epitomizes healthy living.



THE BEAUTY-BOX ORIGINALS

Hayley Barna, 31, and Katia Beauchamp, 32

FOLLOW: @HAYLEYBAY, @KATIAWB

When the massive wave of product-sampling services hit the market (offering subscriptions to everything—coffee, ties, art, you name it), Birchbox was one of the first in beauty. And unlike many of its copycats, the company remains on an upswing: It is expanding to global markets and has opened a brick-and-mortar store in New York City.

"Take baby steps—being tied to the full vision makes it hard to start a company."
—Hayley Barna

THE SALON-BOOKINGS MATCHMAKER

Melody McCloskey, 30

FOLLOW: @STYLESEAT, @MELODY

Like so many great business ideas, McCloskey's salon-bookings app, StyleSeat, was born of a personal need: She was frustrated by how hard it was to find a great hair stylist in her home city of San Francisco. Three years in, the app boasts 3 million–plus users and a network of more than 290,000 professionals offering hair and makeup appointments, manicures, waxing, facials, and massages around the country.

***GLAMOUR* READER BONUS:** Get 20 percent off a StyleSeat service now through the end of April 2015 when you check out with code GLAMOUR20.



THE 3-D GENIUS

Grace Choi, 31

FOLLOW: @GRACEMINK

You look at your desktop printer and see just that, a printer; Choi looked at it and saw a world of untapped beauty potential. (She has a knack for invention: She crafted her own BB cream while at Harvard Business School.) With her latest project, Mink, an ink-jet printer that prints 3-D makeup and is launching this summer, Choi plans to transform your computer or mobile device into a beauty aisle. Can't wait.



THE MILLENNIAL BEAUTY VISIONARY

Emily Weiss, 30

FOLLOW: @EMILYWWEISS

After years of reporting on It Girl beauty habits for her website, Into the Gloss, Weiss knew that her own skin care line, Glossier, had to take a skin-care-as-makeup approach: "I learned the importance of skin care from watching how much more time makeup artists spent prepping the skin than actually doing makeup," she says. Spreading the word of Glossier's launch through social media was another no-brainer. The result: six skin-transforming products that'll remain staples in your bathroom 24/7.

"Instagram is a real news source for millennial women."
—Emily Weiss

THE ORGANIC ROLE MODEL

Miranda Kerr, 31

FOLLOW: @MIRANDAKERR

One of the pioneers of model-as-brand, Miranda Kerr has proved her worth beyond the runway and magazine pages with the widespread success of Kora Organics by Miranda Kerr, the Australian skin care line she launched in 2006.

HER P.M. BEAUTY RITUAL: "As a mom, I'm all about multitasking. When I get home from work, I wash my face, exfoliate, and apply either the Kora Organics Hydrating or Clay Purifying Mask, depending on what my skin needs. Then I let it work its magic while I'm cooking [my son] Flynn's dinner."

THE SEPHORA NEWBIE

Nancy Twine, 30

FOLLOW: @BRIOGEO

Twine's goal for Briogeo, the natural hair-care product line she launched inspired by her grandmother's handmade soaps and potions, was clear from the beginning: Get it into Sephora. "I sent every piece of press or nice customer review to Sephora. No response," says the ex–Goldman Sachs exec. "Finally, in February 2014, I got interest from the buyer!" Since then, Twine has watched Briogeo beat out big-name hair lines by appealing to the store's ingredient-conscious customers. Lesson learned. "What you stand for can speak volumes—even as a newcomer!" Twine says.



continued on next page

CLARINS. FRANCO TETTAMANTI/FIGAROPHOTO/GETTY IMAGES. RUBIK: BILLY FARRELL/BFANYC.COM. ALBA: JB LACROIX/GETTY IMAGES. CHOI: **BO K. SHIM**. WEISS: **PATRIC SHAW**. KERR: **ALIQUE**. STILL: **WORLD PICTURE SERVICE**

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Don't settle for the same old routine. Be a stunner this season with an upgraded beauty look. Spring into action with these prettifying products from *Glamour* Senior Beauty Merchandising Director Lindsay Speros.

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We've all heard that hydrating is core to beautiful skin–and that applies to your hair too! Revive lackluster locks with **Pantene Expert Dry Defy Intense Hydrating Shampoo and Conditioner**.

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STEP 3: ALL EYES ON YOU

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STEP 4: PERFECT YOUR POUT

To polish off your look, apply a bold color to your lip. Pairing your enviable hair with a vibrant statement on your smacker will be sure to turn heads.

PANTENE EXPERT

*Magazine awards in 2013 from top U.S. print publications with award programs.

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Pantene’s Expert Collection not only helps restore smoothness and shine, but helps erase damage in just one wash.

PANTENE EXPERT

*Magazine awards in 2013 from top US print publications with award programs.



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The Icons

Billboards, magazine covers, runways, your iPhone: These influencers are everywhere and changing our beauty ideals.



Katy Perry, 30

FOLLOW: @KATYPERRY
INSTAGRAM MOJO: 14.9 MILLION

TRADEMARK: An ever-present cat-eye flick, Technicolor hair, and wild nails (for this year's Super Bowl halftime performance, her "piggies" were morphed into pigskins).

BREAKTHROUGH MOMENTS: Showing up at the 2009 Grammys as a candy-lipped bombshell, signing a deal with CoverGirl in 2013, pulling a hair double at the Grammys this year: a playful lavender wig for the red carpet, then a slick, serious black pony onstage for "By the Grace of God."

Soo Joo Park, 27

FOLLOW: @SOOJMOOJ
INSTAGRAM MOJO: 244,000

BEAUTY CRED: Rooty platinum hair (she describes it as "iridescent blond") helped put her on the map and score her a Chanel Couture runway exclusive in 2013, plus beauty campaigns with L'Oréal Paris and Redken.

Solange Knowles, 28

FOLLOW: @SAINTRECORDS
INSTAGRAM MOJO: 738,000

TRADEMARK: Natural hair, a Pantone array of bright lip colors, Beyoncé-level wattage.

BREAKTHROUGH MOMENTS: Cutting off her perm in 2009 turned Knowles into an icon for be-yourself style and hair. We're also betting on a new (major!) beauty move when Knowles' next album drops later this year.



Jourdan Dunn, 24

FOLLOW: @OFFICIALJDUNN
INSTAGRAM MOJO: ONE MILLION

BEAUTY CRED: Those cheeks! That swagger! Miuccia Prada noticed London-born Dunn back in 2008 and cast her as the first black runway model for Prada in over a decade; in 2014 she won a coveted Maybelline New York gig.



Kendall Jenner, 19

FOLLOW: @KENDALLJENNER
INSTAGRAM MOJO: 19.7 MILLION

TRADEMARK: Dark doe eyes, a hair-commercial mane, and *that* family pedigree.

BREAKTHROUGH MOMENTS: Her first runway walk (for Marc Jacobs one year ago) gave her the visibility to snag an enviable contract with Estée Lauder. "I grew up on Lauder, so it's such an honor to continue a legacy," says Jenner.

Cara Delevingne, 22

FOLLOW: @CARADELEVINGNE
INSTAGRAM MOJO: 9.6 MILLION

BEAUTY CRED: Cute caterpillar brows, a wacky devil-may-care attitude, and an encyclopedic array of funny faces (on a recent cover of *Love,* Kim Kardashian smizes while Delevingne, cross-eyed, sticks her tongue out) has landed the British model-actress a long list of campaigns, including Burberry, DKNY, and YSL Beauté.

Lea T, 33

FOLLOW: @LEACEREZO
INSTAGRAM MOJO: 46,000

BEAUTY CRED: With killer cheekbones and brooding presence, Lea T is the first transgender model to sign with a global beauty brand—Redken. "It was a brave decision [by the brand]," she says. "I feel pride, honor, and responsibility."



PERRY: JEFF VESPA/GETTY. DUNN: **ALEXI LUBOMIRSKI;** EMPORIO ARMANI BLACK TANK; SIMONE ROCHA WHITE DRESS; FALLON NECKLACE; MIRIAM HASKELL PEARL NECKLACE. JENNER: LARRY BUSACCA/GETTY IMAGES. LEA T: **GIUSEPPE;** STYLIST: MARCELO BURLON

continued on next page


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The Makeup & Mani Queens

These color pros know how to make celebs, models, and *you* look amazing. Tips right here!



THE NAIL-ART PHENOM

Madeline Poole, 28

FOLLOW: @MPNAILS

"When I started doing nails, I would see the Sally Hansen ads in stores and tell my mom, 'I'm going to work on those one day.' I still can't believe that I'm actually doing it," says Poole, who last year became the brand's first global ambassador. Besides

> Poole's nail-art must? "An angled brush dipped in nail polish remover."

building its social media presence (she knows how; just look at her Instagram) and working on photo shoots, she also has a hand in creating products—"my favorite part!"

HOW TO DO A "NEGATIVE SPACE" MANI:

"For a striped look, use a strong masking tape cut into skinny slivers. Place a sliver across the nail, and press firmly, especially at the edge of the nail bed. Paint over the entire nail with a color of your choice. Let the polish dry fully before removing the tape; this will prevent seepage. Clean up smudges with a small, flat brush and polish remover."

THE SELF-TAUGHT ARTISTE

Violette, 31

FOLLOW: @VIOLETTE_FR

You've heard of *French Women Don't Get Fat*? Well, this Parisian makeup artist has a motto: "French women don't contour." "It's against our way of thinking to change the shape of the face," explains Violette (yes, a one-name wonder). "French women are all about looking real and accessible, never too done." Violette's freewheeling approach to makeup—she has a background in fine art and fashion design but no formal beauty training—caught the eye of an editor who hired her for *Vogue Paris* in 2010, when she first started dabbling in makeup. Since then, calls from photographers, designers, and beauty brands haven't stopped.

HOW TO MAKE YOUR EYES POP:

"Between lashes, apply black waterproof eyeliner pencil. It doesn't look like you have makeup on; it just makes your eyes look a little bit stronger."





THE CELEB TRANSFORMER

Kayleen McAdams, 33

FOLLOW: @KAYLEENMCADAMS

McAdams is skilled with bronzer and lashes, but she credits her real success in Hollywood to her psychology degree: "There's a psychological element to making people feel good and want to spend the day with you," she says. Her roster of red-carpet regulars—Lily Collins, Sofía Vergara, and big sis Rachel McAdams—couldn't agree more.

HOW TO CHEAT RED-CARPET CHEEKBONES:

"I like to do a basic contour cream blush on the apples and along the hollow of the cheeks. Then I take a bright pink or peach cream blush and put that on top of the cheekbone and blend them together with a Beautyblender sponge. This gives shape and a pop of color."

THE MAKEUP PURIST

Alice Lane, 35

FOLLOW: @LADYALICELANE

"I was a musician, and my ex was a photographer who was shooting a lot of bands," says Lane (above and in inset). "They needed a groomer, so I started doing makeup and thought, Oh my God, this is just like painting!" She eventually landed an apprenticeship with runway makeup artist Aaron de Mey—"he taught me everything"—and is now booked solid, heading up her own runway shows and shoots with *Interview*, *Vogue*, and *Glamour* (see her work on page 246).

IN HER KIT:

"I'm obsessed with great skin care—without it, nothing will look good. I love Kat Burki's organic products. Also, the Marc Jacobs finishing powder rules!"

POOLE: THE COVETEUR/TRUNK ARCHIVE. VIOLETTE: **ALEXANDRA UTZMANN.** LANE: **DONNA TROPE.** LANE APPLYING MAKEUP: **MARK LEIBOWITZ.** STILL: **SVEND LINDBAEK**

continued on next page


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The Hair Geniuses

Your favorite braids, waves, updos, and twists? Yeah: The women on this page made them a thing.



THE RED-CARPET BESTIE

Mara Roszak, 29

FOLLOW: @MARAROSZAK

To say Roszak was a wunderkind would be an understatement: She had her first celebrity client (a *Buffy*-era Sarah Michelle Gellar) before she had a driver's license. "My mom had to drop me off around the corner from her house because I was so embarrassed," she admits. Today this L'Oréal Paris stylist dominates the red carpet, with clients like Emma Stone, Lily Collins, Zoë Saldana, and Mila Kunis.

HOW TO DO EMMA STONE'S *BIRDMAN*-PREMIERE STYLE:



"Spritz your hair with a texturizing spray and rough-dry it. With a 1¼-inch iron, very loosely wave the hair, creating more of a bend than a curl. To break up the wave, spritz a salt spray onto dry strands, and scrunch gently. Finish with a mist of strong-hold hairspray like L'Oréal Paris Elnett."

THE BRIDAL-BEAUTY IMPRESARIO

Teddi Cranford, 30

FOLLOW: @WHITEROSECOLLECTIVE

Cranford logged time at New York's Bumble and Bumble salon and spent many seasons assisting fashion-show hair god Guido Palau, but now she's using her impressive résumé for a specific purpose: raising our bridal-beauty standards. "My pet peeve is when artists forget about the client," says Cranford, whose agency, White Rose Collective (currently serving NYC, Los Angeles, and Dallas), prides itself on a less shellacked, looser version of "wedding makeup and hair."

"Be in tune with your personal style. Know when to let go of something that doesn't work anymore."
—Teddi Cranford



THE GLAMAZON HAIR STAR

Jen Atkin, 35

FOLLOW: @JENATKINHAIR

Atkin began her freelance styling career with a simple credo: Say yes to everything. That and a knack for creating the kind of majorly glamorous hair that every woman desires ("I call my signature hair look 'model on duty'") have earned her a long list of celebrity heavy-hitters, including Sofía Vergara, Jennifer Lopez, and the Kardashian clan. Her website, Mane Addicts, features insightful how-tos and advice.

HER EASY MODERN-WAVES TRICK:
"If I'm styling waves and the hair comes out too curly, I use a Moroccanoil flatiron to stretch out the curl."

continued on next page

ROSZAK: THE COVETEUR/TRUNK ARCHIVE; STONE: STEFANIA D'ALESSANDRO/GETTY IMAGES. ATKIN: CLAUDIA LUCIA BUITRAGO/GETTY IMAGES

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"I WANT TO GLOW FROM THE INSIDE OUT."

Katie Holmes

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The Inner-Glow Girl



Amanda Chantal Bacon, *32*

FOLLOW: @MOONJUICESHOP

The ad for Moon Juice may be one look at the brand creator herself: Chantal Bacon's glowy complexion (no smoke and mirrors here; she never wears makeup) comes thanks to her devotion to a natural lifestyle and her Gwyneth-approved juices and pantry provisions. With Hollywood conquered, she's working on making fans of the rest of the globe via Instagram: "We post something and 500 people, from Sweden to Ohio, will order it that day. It's incredible."

HER BRIGHT-SKIN RECIPE: ROSE AND PEARL BEAUTY MILK

12 oz. almond (or other nut or seed) milk, 1 tsp. rose water, ½ tsp. pearl powder, pinch raw vanilla powder, and stevia or raw honey to taste. Combine in a high-powered blender for 20 seconds; drink cold or warmed as a latte.

And a Few Guys We Love

Fine. They're not women. But these young dudes are so good!

THE MAKEUP MASTER TO RIRI

Yadim, *31*

FOLLOW: @_YADIM

This one-name makeup maestro works with photographers David Sims and Inez and Vinoodh, as well as glam girl Rihanna. But all his success, says the Maybelline New York global artist, can be traced back to his mom: "I would watch in awe as she got ready in the morning. I loved how it made her feel, and I hope I can make others feel that way."



for two world tours and her ***Flawless* album visual.

HIS SIGNATURE LOOK: "I like glowy skin with matte lips, or matte skin with a lustrous eye. It provokes visual interest."

THE WIG WIZARD

Declan Sheils, *35*

FOLLOW: @DECLANSHEILS

His radical wig-making skills, picked up in the East London drag collective Sink the Pink, make Sheils the go-to right hand for high-drama hair king Sam McKnight.

IN HIS KIT: "I love big hair, so I always have L'Oréal Professionnel hairspray."

THE RISING MAKEUP MAN

Sir John, *32*

FOLLOW: @SJBLIFE

Sir John is the first to admit that two women put him on the makeup map: First, backstage queen Pat McGrath plucked him from a merchandising job at Gucci to join her crew, and then along came Beyoncé, who hired him

THE FASHION HAIR DARLING

James Pecis, *34*

FOLLOW: @JAMESPECIS

Pecis—onetime shampoo guy at Bladerunners in San Francisco and assistant to hair icon Jimmy Paul at Bumble and Bumble in New York City—is now an editorial and backstage star himself, and the official Fashion Month crush of models and beauty editors alike.

THE BACKSTAGE HAIR ACE

Mark Hampton, *30*

FOLLOW: @MARKHAMPTONHAIR

Working on stylist Guido Palau's backstage team for seven years led Hampton to the proud moment when he was signed by Toni&Guy as the brand's youngest-ever global stylist ambassador.

HIS DOES-IT-ALL PRODUCT: Toni&Guy Volume Plumping Mousse. "It's my base for almost every style."

Want more tips from our beauty superstars? Find them at **lipstick.com/35stars.**

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What to Eat for Gorgeous Skin

New research shows this tiny tweak *works*. By Juno DeMelo



Beauty Foods
So much safer than a tan!

Eating more fruits and veggies can increase your energy, strengthen your heart, and possibly even extend your life. But if that's not enough to convince you to add more to your diet, allow us to appeal to your vanity: New research shows that people who eat two to three extra servings of produce a day develop a healthy glow that nearly 80 percent of people rate as more attractive than an actual tan. "Your body stores carotenoids—the pigments found in yellow, orange, red, and dark green fruits and vegetables—just under the skin," says Elizabeth J. Johnson, Ph.D., a scientist at the Tufts University Antioxidants Research Laboratory; those pigments are what make your complexion look so radiant. Sold? Sneak more carotenoid-rich fruits and veggies into your diet with these four dishes designed by Chicago dietitian Dawn Jackson Blatner, R.D., author of *The Flexitarian Diet*. Not one of them is a salad!

Spaghetti Squash With Pesto

HOW TO MAKE IT: Halve and seed a spaghetti squash; microwave cut side down on a plate about 12 minutes, until tender. Scrape the insides with a fork for spaghettilike strands; toss with pesto.
WHY IT'S HEALTHY: Spaghetti squash has six milligrams of beta-carotene per cup (pasta has none).

Mango "Soft Serve"

HOW TO MAKE IT: Cut fresh mango into chunks and freeze (or buy it bagged), then puree in a food processor or blender. (For a creamier consistency, add coconut milk or plain Greek yogurt, or use equal parts mango and frozen banana.)
WHY IT'S HEALTHY: "The natural sugar in mangoes comes bundled with fiber and antioxidants," says Blatner.

The Green Burrito

HOW TO MAKE IT: Trim the stem from one large collard green leaf and mash down the center rib with a fork. Fill the leaf with something warm, like scrambled eggs, black beans, or rice, to wilt it. Top with avocado, salsa, and cheese, and wrap like a traditional burrito.
WHY IT'S HEALTHY: Sub in leafy greens for the refined carbs in regular tortillas, and you not only save about 150 empty calories, but you also get bone-building calcium and vitamin K, says Blatner.

PB&T

HOW TO MAKE IT: Toast a slice of whole-grain bread, smear with peanut butter or almond butter, and top with eight seedless tangerine or clementine segments.
WHY IT'S HEALTHY: Using fruit in place of a tablespoon of jelly, jam, or marmalade saves you about four grams of sugar. Plus, one small tangerine fulfills nearly a third of your daily vitamin C requirements.

VEGETABLES: STEPHEN LEWIS/ART + COMMERCE



"Doing this program has changed my life," says Amanda Seyfried.

The Confidence Workout

Celebs say these moves are "addictive" and leave them feeling "strong" and "empowered." Get the exclusive plan here!
By Jenna Autuori-Dedic

If you met Avital Zeisler (that's her at right), you'd probably guess she was a ballerina. And the graceful personal trainer *was* a dancer—before she was sexually assaulted as a freshman in college. To help herself heal, Zeisler trained in Krav Maga, a self-defense system used by police and U.S. military forces; today her Soteria Method fitness plan incorporates many of its tactics. "This workout shows you how to access the stronger side of your personality while transforming your body," says Zeisler. She debuts the moves in her new book, *Weapons of Fitness*, and here in this exclusive workout. Three times a week, complete three sets of each exercise, doing one minute of cardio, like jumping jacks, before continuing to the next move. You'll feel fitter—and more badass—in six weeks. "This workout is no joke," says Amanda Seyfried, a Zeisler client. "It's helped me carry myself with more confidence."



Lunge with swinging elbows *(works thighs, butt, hips, abs, and back)* Stand with arms in front of chest, palms facing each other. Step left foot forward, bending knee 90 degrees. Twist to the right, and swing right elbow diagonally behind you, as shown; push through left heel to return to standing position. Pause, then return to start. Do 15 reps, switch sides, and repeat.



Heel kicks *(works thighs, butt, hips, abs, and back)* Start on all fours, hands shoulder-width apart, arms straight. Lift left knee off floor. Keeping foot flexed, drive heel up toward ceiling. Return to start, then kick left leg back, as shown. Return to start. Do 15 reps, switch sides, and repeat.



Plank twist *(works arms, shoulders, chest, abs, and back)* Start in a straight-arm-plank position (hands shoulder-width apart on floor, legs extended so your body is aligned from shoulders to heels). Lift right hand, and, twisting torso, bend and drive elbow toward the ceiling, as shown. Return to start. Do 15 reps, switch sides, and repeat.



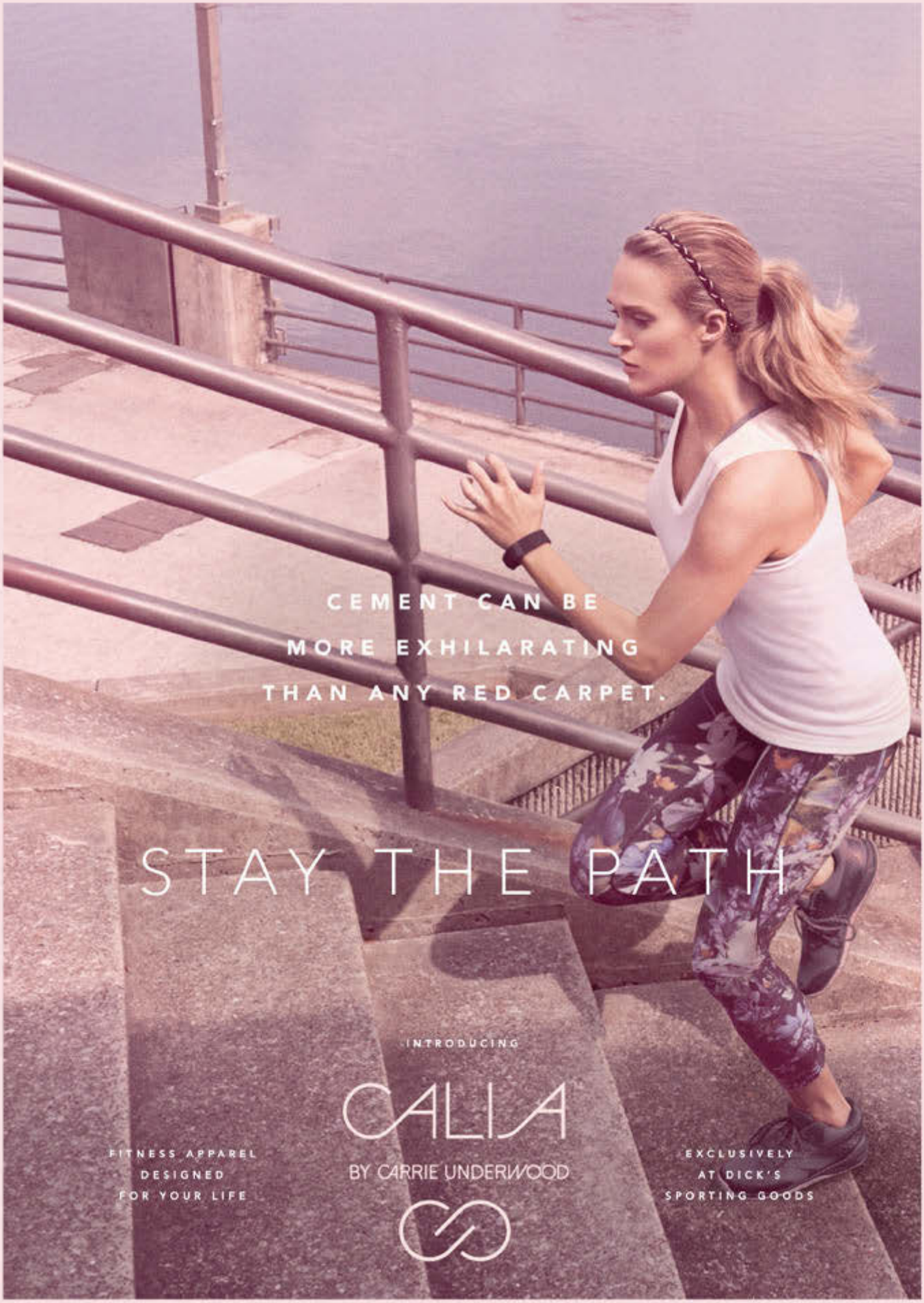
Brace crunches *(works abs)* Lie on your back with hands behind head, legs bent, and feet flat on the floor. Rotate knees to the right with feet flexed. Lift feet and hold. Raise chest and shoulders off floor, as shown. Pause, then lower shoulders to start. Do 20 reps, rotate legs to left side, and repeat.



Ground push kick *(works thighs, butt, hips, abs, and back)* Lie on your back, feet flat on the floor, heels under knees, arms bent in front of your chest, palms facing in. Lift hips off floor as high as you can; extend left leg, foot flexed, as shown. Return to start. Do 12 reps, switch sides, and repeat.

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Photographs by **Georgia Nerheim**



CALIASTUDIO.COM



Am I an Alcoholic?

Writer Anna Davies was *that* girl. The one who wakes up in strange places, with strange men—and with only a vague recollection of the night before. But the way she got everything under control may surprise you.

There's a list I keep on my hard drive: "Things I've regretted doing while drunk." Every entry causes me to cringe; some make me cry. I've broken five iPhones. Irrevocably damaged two "best" friendships. The worst: One time, when I was 24, I woke up from a blackout naked and in an unfamiliar van. A man I didn't know was lying on top of me.

The therapist I began seeing after that incident started asking whether I had an alcohol problem. At the time I was stressing out at work, panicking as friends began settling down, and grieving the recent deaths of my mother and grandmother. But the therapist focused on my alcohol use.

"How much did you drink?" she asked.

"Three or four vodka sodas?" I shrugged. Whatever I'd had wasn't wildly out of sync with what everyone else was drinking.

"Three or four?" she asked. "You could buy a penthouse for that money!"

No, I could not. I rarely ever paid for my drinks. Alcohol was everywhere, from first dates to work-related open-bar events. In fact, the alcohol I *had* purchased was gathering dust on top of my fridge.

My therapist said she couldn't continue to see me unless I joined a 12-step program.

So I left therapy.

I'll just be more careful, I told myself. But I wasn't. Over the next four years, my regrets list kept getting longer. I saw another therapist, then another, both of whom also suggested I try a 12-step program. Each time the decision was easy: Quit therapy, keep drinking.

Until a spring Friday when I was 28. I showed up drunk to a date. We made small talk and ordered a pizza. I was two slices in when he said it wasn't good. He was right, but I drunkenly lashed out at him, calling him ridiculous for complaining. I stormed away, hoping he'd follow me. He didn't.

In terms of my list, that night was minor—and *that* was terrifying. I went to my first 12-step meeting the next day.

"My Name Is Anna and..."

The 12-step process has been the predominant therapy for alcoholism for about 60 years, but it wasn't developed by doctors or scientists. It grew out of the practices of a religious society known as the Oxford Group, which believed that self-improvement came from prayer, meditation, and admitting your wrongs. Bill Wilson, a stockbroker struggling with alcohol addiction, popularized the concept with leaderless meetings, and in 1935 Alcoholics Anonymous was born. Its Twelve Steps are the method Wilson and others found worked best.

As the decades progressed, 12-step programs evolved to address other issues as well—overeating, gambling—and their

BAR TABLE: RAYMOND MEIER/TRUNK ARCHIVE



Fewer than 25 percent of people with drinking problems seek help.

popularity grew. Celebs like Lindsay Lohan revealed their own experiences with AA, and 12-step-inspired scenes became plot points in movies like *Rachel Getting Married*. Because of these glimpses into what really goes on "in the rooms," I assumed AA would be dingy and dramatic. While some stereotypes were scarily accurate—yes, it was in a church basement; yes, I did say, "My name is Anna, and I'm an alcoholic"; yes, there was weak coffee in Styrofoam cups—others weren't. For instance, the majority of the attendees weren't strung out and sad. They were confident, brilliant, and vibrant. Many, recognizing me as new, offered their phone numbers. The message was clear: Stick with us, kid; you'll be OK.

And for 67 days that summer—trust me, I counted—I was. I held hands with strangers, discussed my feelings, and prayed.

Then I slipped. It started with drinking at a friend's wedding and continued when I got home. For the next three years, I occasionally went to meetings, sometimes for several-month streaks, sometimes just once. My program sponsor didn't like the fact that I still occasionally went to bars with friends, even if I only ordered a soda. So I eventually stopped going to meetings and went back to happy hours instead. There I felt guilty after one drink, and that feeling led to an eff-it-all mentality that sent me back to the bar four, five, 10 times. Ironically, labeling myself an alcoholic actually made me stop trying to cut back on my Olivia Pope–sized glasses of red wine. What was the point? I'd have to give it *all* up eventually.

Then I started seeing a new therapist.

"I guess I'm an alcoholic, right?" I asked.

"Maybe," she said.

What Defines "Alcoholism"?

From the birth of AA till the 1990s, conventional wisdom held that alcoholism was a severe and progressive disease that required abstinence to manage. But around the turn of the twenty-first century, researchers found that alcohol dependence actually exists on a spectrum that runs from mild to severe. That's because they began looking at *all* problem drinkers instead of just those in treatment. "Someone who cannot make it through the day without drinking is very different from someone who binge-drinks at parties, who is different from someone who drinks a glass or two of wine a night," says Mary Ellen Barnes, Ph.D., president of Your Empowering Solutions, a California-based treatment program.

The most recent version of the *Diagnostic and Statistical Manual of Mental Disorders*—psychiatry's bible—uses the term *alcohol-use disorder* to describe this range. Currently a woman must exhibit at least two of 11 possible criteria—like drinking more than intended on a night out, and failing in the attempt to stop or limit drinking—within a 12-month period to be diagnosed. Drinkers who meet six or more criteria are diagnosed with "severe" alcohol-use disorder, which is what most people think of as alcoholism.

Today, more women are drinking more alcohol more frequently, according to a 2015 study by the National Institute on Alcohol Abuse and Alcoholism (NIAAA). But only 9 percent of women who drink excessively—defined as eight or more drinks a week, or four or more drinks on a single occasion—would qualify as having severe alcohol-use disorder, a recent Centers for Disease Control and Prevention study found. "Because *alcoholism* is a term thrown around in pop culture, people sometimes assume they're alcoholics when that's not necessarily true," says Gabrielle Glaser, author of *Her Best-Kept Secret: Why Women Drink—and How They Can Regain Control*. In fact, "the most common form of alcohol-use disorder is mild to moderate and doesn't involve major life disruptions like DUIs or job losses," says Mark Willenbring, M.D., founder and CEO of Alltyr Clinic in St. Paul, Minnesota, and a former division director at the NIAAA. "About 75 percent of people with alcohol-use disorder have a single episode that lasts, on average, three or four years and never comes back." For most of them recovery happens without formal treatment. It's not that treatment wouldn't have helped, but most resources target severe cases and have rigid rules like abstinence, which can discourage sufferers at the mild end of the spectrum from participating.

To be clear, most experts *would* prefer it if all severe drinkers at least tried swearing off alcohol. "We generally recommend that people with alcohol problems aim for abstinence," says George Koob, Ph.D., director of the NIAAA. "That's the safest thing." But, points out Dr. Willenbring, "it's important to distinguish between AA, which is an association of people supporting each other, and abstinence treatments, which are provided by professionals." Why? Because while there are 1.1 million Americans in AA at any given time, a comprehensive nationwide report showed that most people who abstain *aren't* being treated by medical professionals with the knowledge and skills necessary to provide a full range of effective treatments.

That's not to say AA isn't useful. People with severe addictions require abstinence, and for them AA can be "lifesaving," says Dr. Willenbring. But some experts estimate that only about 30 percent of people who've gone to AA once continue attending meetings for at least one year. (AA's public information coordinator says the organization "keeps no membership records or case histories, so we're not able to speak to claims about its effectiveness.") "When people ask me, 'Does AA work?'" says Dr. Willenbring, "I say, 'Well, it works for the people it works for.'"

The End of One-Size-Fits-All Treatment

To help people with mild to moderate alcohol-use disorder, experts are turning to science-driven strategies that don't depend solely on abstinence—like anti-relapse

continued on next page


Being friends with a heavy drinker makes you 50 percent more likely to become one too.

medications, counseling, and moderation management. The goal of these treatments isn't to stop drinking but "to minimize the frequency, severity, and length of any relapses," says Dr. Willenbring. "To do that we teach people how to recognize and deal with high-risk situations and how to manage recurrences of problem drinking if they happen."

Working through my own issues with alcohol required a concrete plan and lots of soul searching. My new therapist suggested I try moderation—one drink at weekend events, none during the week—as we slowly untangled my emotions. I hoped these more sober habits would make my entire life fall into place: I'd never procrastinate at work! No more fights with friends! But I still found myself doing those things—only now I couldn't blame alcohol; I had to examine the deeper anxieties that fueled these decisions. And it was tough. My therapist and I talked about how desperately I missed my mom, even though so much of our relationship had been anchored in keeping up appearances and making her happy. A few months after she died, I came across one of her journals and read "I'm worried that Anna isn't a very nice person." She was always concerned when I expressed negative opinions, so I'd learned from an early age to always make it seem like everything was fine. Alcohol, I realized, was one way I suppressed any bad feelings I had.

One technique for dealing with alcohol issues involves having patients evaluate their drinking habits by doing a cost-benefit analysis, says Carrie Wilkens, Ph.D., cofounder of The Center for Motivation and Change in New York City. "Write down how you *think* alcohol helps your life," she explains. "Then list how it impedes you. Ask yourself: What pulls you back to drinking even though the consequences upset you? Understanding these 'benefits' can show you what you need to change about yourself or your life in order to be less reliant on alcohol."

When I tried this exercise, I saw that in my early twenties I viewed my extreme drinking as helping more than harming me. It made me fun—and often went unnoticed, a phenomenon Barnes sees among overachieving women: "They may not be getting into fights or taking physical risks the way men do, so their problem can be harder to spot."

But as I got older, things started to shift. For one, the van incident had seriously shaken my sense of safety. My friends started settling into relationships and stopped hitting happy hours every evening. Physically and psychologically, I was no longer able to bounce back easily from a night out. And mounting anxieties in my personal life meant that when I did get drunk, I became weepy and paranoid. Fun? Not so much. I needed help.

Drinking...Within Reason

And that's one thing all experts agree on: Women like me *do* need help. If you're worried about your drinking, you shouldn't wait to "outgrow" your behavior. Taking action, whether it's planning for the next time you go out or getting counseling, is essential.

The latter helped me immensely. I still see a therapist, but our sessions are no longer focused on alcohol. I've started a new list: "Fun things that happened when I wasn't drunk." The more I add to it (sober sex: *much* better), the easier it is to turn down a second drink. I still like drinking, but I also like waking up in the morning and going to the gym, or at least flipping through my Instagram feed without regret. I haven't been drunk in two years.

Even though I never felt at home in those church basements, one tenet of the 12-step program I've found helpful is sharing my story. I want people to know I've struggled and that I have a complicated relationship with alcohol I'll always need to assess.

Example: Recently a guy invited me over. We'd had a couple of drinks on our first date, but none on the next three. As he grabbed a bottle of wine, I shook my head.

I was about to tell him I had an early morning the next day but paused, then nervously told him everything: my regrets list, my stint with sobriety, and my therapists' advice.

"So...yeah. What do you think?" I asked, my voice trailing off. Being stone-cold sober and talking with a guy about how vulnerable I felt was scary.

"I like you. All of you," he said. "And I'm glad you trusted me with this."

The best part? The next morning I actually remembered our conversation.

Anna Davies is a freelance writer and young-adult novelist living in New Jersey.

Are You "Overdrinking"?

To figure that out, ask yourself the following three questions. The answers can help you decide whether treatment is necessary.

1

Can you cut out alcohol on your own?

Try a month of abstinence. During that time, pay attention to any feelings, positive or negative, that bubble up, and assess whether you can cope with them without a glass of something.

2

Can you have fun without drinking?

It's a red flag if you and your crew enjoy the evening only after several glasses of vino. See if you can have as much fun doing an alternate activity like Spin class and coffee.

3

Can you stick to a one-drink happy hour plan?

One drink is less than today's supersize glasses might trick you into believing, says the NIAAA's Koob. A serving is five ounces of wine, 12 ounces of regular beer, or 1.5 ounces of 80-proof alcohol.

If you answered "no" to any of these questions: Your drinking may be cause for concern. Your doctor, a therapist, or resources at the National Council on Alcoholism and Drug Dependence (ncadd.org) can help you determine the best plan of action, whether that means AA, moderation management, therapy, or a combination of treatments.

.com Going out sober? See our list of great dates that don't involve drinking at **glamour.com/sex-love-life.**

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TRUNK ARCHIVE

Relationships

The Sext-Files

We polled 2,000 men and women to find out how your phone affects your love life. Spoiler: You're all sexting a *lot*. By Jen Doll

Think back to your last great date night, and chances are it involved your phone. You made plans over text, or sent a bunch of those smooching emoji to say thank you. Maybe you called the old-fashioned way! (Though that seems unlikely.) The point is—even if you've been married for years, even if you've never used a single dating app—your love life these days is wired. Sometimes it even feels like there are four of you in your relationship: you, your partner, and your two phones.

So the natural question arises: Is this ménage-à-quatre a good thing? Or would our love lives be better off with a little less screen time? We asked 1,000 men and 1,000 women to answer those questions, and to dish the real details on sexting, phone snooping, and everything else. The details (and so, so many sexting stories) await.

continued on next page

We Text All the Time—Like, Constantly

90 percent *of women and men text their partner every day. And* ***43 percent*** *send their partner at least 10 texts a day!*

Though let's be real: Not all those texts are hot and steamy. "They're decidedly unromantic," says Jill,*39, a sales representative in San Francisco. "We text about simple things, like what's for dinner or if you're going to the gym." It might seem mundane, but all that planning and emoji-ing is productive because "it keeps people connected," says Debby Herbenick, Ph.D., associate professor at Indiana University and author of *The Coregasm Workout*. "You take pictures while you travel; you keep in touch when you're busy at work. It brings the romance back into the relationship, and couples can stay really close in those ways." But that connection does mean...

Our Phones Are Always With Us

84 percent *of couples sleep with a phone within reach.*
40 percent *said their phones are usually on the table at an intimate dinner.*

Phone rules aren't catching on, either—only 21 percent of men and women have set limits on phone use around their partner. ("Our only rule is 'Don't be annoying,'" says Nadine, 30, of Austin, Texas.) Michelle Drouin, Ph.D., a developmental psychologist who studies technology and relationships, does worry about all this extra phone time: "According to a recent study, 63 percent of us of have nomophobia—fear of being without the mobile phone," she says. "We're addicted." She urges couples to put devices down whenever possible. "Texting is a placeholder for a real conversation," she says. "If your entire relationship happens over text, it's a problem."

Yes, Everyone Is Sexting

67 percent *of men and women have sent sexy texts and photos to a partner at least once. (And that number, like most of our poll results, does not vary much by gender.)*

To be clear: "There's not just one kind of sexting," explains Herbenick. "There's flirty, there's explicit. There's cute-sexy photos or naked photos." That range is great for women, who "tend to feel more comfortable sending sexy, but more subtle, photos," says Herbenick. "Probably for good reason, since women still get 'slut-shamed' for expressing their sexuality."

When Jenna Wortham, a *New York Times Magazine* staff writer, collected real-life sexts for her art project *Everybody Sexts,* she found that both women *and* men stayed away from graphic shots. "It wasn't about sending porn; it was curves, coy images, stuff meant to tantalize." She adds, "A lot of the straight guys who *had* sent d-ck pics were surprised, like, 'Women didn't respond to a full-on picture of my crotch.' Well, yeah!"

And 39 percent of women and men have exchanged nudes with a partner at least once—with varying results. "I met up with a guy from Facebook," says Anna, 39, an underwriter, and "the very next day he sent me full-frontal nude photos. Then I found out he was doing that all over the state of Alabama." (That ended that.) But Megan, 25, who works in PR, is a little more daring: "I've been dating a woman from California, and we got to chatting at work," she says. "I found the one private bathroom, took off my top, and did this awesome selfie. But I'd set my shirt in a puddle of water. I walked out, the CEO was waiting for the bathroom, and I had a huge spot of water on my chest." (Don't worry—she's still employed.)

67% of men and women have tried sexting (and 36% do it regularly!).

And We're Really Happy About the Sexting

91 percent*—91 percent!—of men and women say that sending their naked photos was a good experience.*

This enthusiasm might come as a surprise, given regular headlines about leaked celebrity nudes and "revenge porn." But while 40 percent of people polled do worry about their photos becoming public someday, they're not letting that

The Sexting Hall of Fame

Everyone's doing it—but what do all those sexts* say? Some real-life highlights women and men polled have received:



*Text-sexts only, sorry. What kind of magazine do you think this is?!

😃 *the good...*

Hey baby, I just bought lingerie.

You better be home because I'm gonna ride you till the sun comes up!

Let's have good sex after pizza tonight.

You make my penis bounce like a baby goat.

😢 *the bad...*

"Hey Kim."

[My name is not Kim.]

"My ass hurts too much for sex tonight."

"I will love you more if you cook me dinner."

😝 *...and the ugly*

"My penis is stuck in the vent."

KAOS13/PICABLE. HALL OF FAME SURVEY DATA COLLECTED FROM 4,442 RESPONDENTS AGES 18–44, JANUARY 26–FEBRUARY 3, 2015, USING SURVEYMONKEY AUDIENCE

continued on next page

*Some names and identifying details have been changed.

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stop them. Instead, they say, sending racy pictures has made them more open (in bed *and* in general). Lindsey, 27, says that in her relationship, sexting "just started out as a flirty-words kind of thing. But then we started sending suggestive photos, which led to Skype calls that, well, you know…" Alison, 37, a writer, says she loves to exchange naked selfies with her boyfriend: "I ask him for constant d-ck pics because he has a beautiful penis and"—be warned, boys—"sometimes I like to show them to my friends at parties."

The Cheating Is an Issue, Though

24 percent *of men and women have caught a partner cheating by looking at their phone.*

Which makes for horror stories like this: Jeff, 37, from Denver, was traveling for business, and the woman he'd been dating agreed to house-sit for him back home. They'd synced their phones, meaning all the photos she took ended up on *his* device too. "I noticed my pictures were increasing because she was taking sexy selfies," he says. "It caught me off guard because that wasn't part of our usual deal. Then, a week later, she made a sex video"—with his neighbor. So no, those photos were *not* meant for him.

Sexting by the Numbers

70% of 18- to 29-year-olds have sent a racy text at least once. **(45 percent have sent naked photos.)**

65% of married people have tried sexting! **(And 33 percent of marrieds say they do it regularly.)**

62% of 30- to 39-year-olds say their devices are "part of my life." **(The most phone-dependent age-group.)**

27% of men and women have shown their own naked photos to friends. **(Just so you know.)**

Or 29-year-old Yamani, whose long-distance boyfriend came to visit—then turned his phone off and put it in his backpack before showering. "I turned it on and found messages from his ex, someone I thought he hadn't spoken to in years," she says. "They speak Swiss German to each other, so I went to an online German-language forum and made up a scenario, like, 'I just met this guy, he sent me this, what does it mean?' It translated to 'Have you arrived safely, my love?' Essentially, he had a second girlfriend." Buh-bye.

Still, We're Generally Very Trusting With Our Phones

77 percent *of men and women look at their partner's phone (with permission). And* ***54 percent*** *of couples share passwords.*

Sally, 35, of Palo Alto, California, isn't worried: "I don't have anything to hide, and if I did, I'm smart enough not to leave traces in my email account." But sharing passwords is still horrifying to some: "I'd *never* do that. That's my most private stuff," says Wortham. "I guess it's the equivalent of giving someone your house key."

Overall, We're Communicating More, and We're Happy About It

61 percent *of men and women say being regularly in touch with their partner is a good thing.*

The fact is, says Wortham, "our phones have become a conduit for everything we do. Family, friends, partners, emotions. It's all happening over screens." Which might be why hundreds of the men and women we polled said the best text they'd ever received was a simple "I love you." It might not be on old-timey stationery, but a sweet text is still a love letter—and our devices let us send dozens of them a day. So yes, romance is alive! You just have to look on your phone.

Jen Doll is the author of Save the Date: The Occasional Mortifications of a Serial Wedding Guest.

GUILT-FREE ZONE:

HEY, IT'S OK…

…to be over 25 and still not 100 percent sure of your bra size. As long as the girls feel fine, you're good.

…to print the only "nice" work email your boss ever composed—and hang it on your fridge.

…to spend $300 on the shoes, $14 on the insoles, $7 on the moleskin, and *still* change into flats after 45 minutes.

…to yell at a friend who says she'll take whatever salary HR offers. She'll thank you later.

…to find it a *liiiittle* telling that it's called OkCupid, not Awesome Cupid.

…to pin 217 spring-cleaning ideas on Pinterest but then settle for a Clorox wiping spree. #goodenough

UMM, *NOT* OK…

…to agree to split dessert and then be mad when he actually wants half. Rude.

ACP/TRUNK ARCHIVE. SURVEY DATA COLLECTED FROM 1,000 MEN AND 1,000 WOMEN, AGES 18–44, JANUARY 29–FEBRUARY 3, 2015, USING SURVEYMONKEY AUDIENCE

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Jake: A Man's Opinion

Let's Talk About the Back Door

Yes, that is a euphemism. And yes, Jake (and all men) have some thoughts.

OK, here we go: This month's column is dedicated to anal play. Still with me? Great, because an increasing number of couples—and at least one *Girls* character this season (we're looking at you, Marnie)—are exploring the sexual delights that both men and women can find around back. You might be among them! Or you might be wondering: Are guys really that fixated on butt stuff? (According to our survey at right, yes: 67 percent of guys are open to anal play in some form.) And if they are into it, why? I'm here to explain.

The Obvious Reason: It Feels Good

First, a little anatomy refresher: Just like our sex organs, our anuses have thousands of nerve endings that respond to stimulation. I learned this firsthand in my twenties when, after several drinks at a bar, I went home with an old college friend. We fooled around for a while, and then I suddenly found myself on all fours as she used her hands up front and stuck her tongue where the sun don't shine. I was as surprised as you are—that was part of the appeal—but it was *incredible*. One of my top three Lifetime Sexual Experiences (I admit I keep a mental list).

And It's Still a Bit Taboo

Which makes it more fun. This applies especially to giving, because we always want to think we are pioneers, boldly going where no man (or woman) has gone before. For my friend Darren, the *idea* alone is a turn-on. "It's hot to know that a woman is even *willing* to try anal," he says. Just the possibility of something slightly forbidden is enough to spice things up. Which brings me to my third point...

Really, It's About Options

The truth is, most of the guys I talked to aren't "obsessed" with butt stuff. (Says my married friend Jerrod: "It seems like a lot of hassle.") If you're not interested, it's certainly not a deal breaker. But most of us agree that when done right, anal play can be adventurous and unexpected, two elements that keep sex novel in a relationship. So think of it as just another tool in the toolbox—another back road, if you will, to explore. Most men I know will try anything, anal or otherwise, if they think it will turn you on.

Jake is a single guy living in L.A.

Have a question for Jake? Tweet him @glamour_jake and read his advice at **glamour.com/about/jake.**

What Men Think

Guys Dish About Fifth Base

Hold on to your seats: More than 500 men get real about anal in our monthly survey.

All right, guys, first things first: Have you ever had anal sex? (Check all that apply.)

Yes—I visited her back door	39%
Yes—she visited mine	6%
No, but I would like to	22%
No, I have no interest	39%

OK, of those who've tried it, what *else* have you used back there? (Check all that apply.)

My fingers	75%
My tongue	49%
Toys	40%
None of the above!	19%

Now back to anal sex...who brought up the idea?

I did	57%
She did	43%

...was it painful the first time?

No	67%
Yes	33%

...awkward?

No, it went well!	45%
A little, but it all worked out	43%
Yes; I won't be doing it again	12%

...and did you enjoy it?

Absolutely. It was hot	56%
Honestly, I could take it or leave it	35%
No	9%

...did *she* enjoy it?

Yes	67%
No	11%
I'm not sure	22%

Why is anal sex so appealing to men? (Check all that apply.)

It's exciting to do something a little taboo or naughty	58%
It's just another way to have fun. Why limit your options?	50%
It feels great	27%
Other*	15%

**These guys said, "No risk of pregnancy" and "Dunno really—vaginas are quite nice." Why, thank you!* —Emily L. Foley

BRIDGER/ISTOCK. SURVEY DATA COLLECTED FROM 517 MEN AGES 18–44, FEBRUARY 2–8, 2015, USING SURVEYMONKEY AUDIENCE

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The Conversation

From Presidential Women to Power Rangers

Meet J.F.K. Jr.'s nanny, Lyndon B. Johnson's inspiration, and the U.S. Army's daring female "diamonds."



Maud Shaw, in white, with John-John Kennedy outside the Oval Office in 1963

Who's Behind the First Families?

You've seen *The Butler*. Now comes *The Residence,* Kate Andersen Brower's new book on the staffers who've made their mark on 1600 Pennsylvania Avenue. Paging Hollywood: These women have biopic-worthy stories.

The nanny who broke news of an assassination: It was beloved caregiver Maud Shaw who told Caroline, five, and John-John, two, that their father, President John F. Kennedy, had died. "There was an accident, and your father was shot," she said. "God has taken him to heaven."

The convicted murderer who became a trusted nanny: In 1970, less than a year after she got a life sentence for killing a man in Georgia, Mary Prince moved into Governor Jimmy Carter's mansion to care for daughter Amy, three, as part of a prison trustee program. When Carter won the presidency in 1976, Prince's work release was terminated, and she was sent back to jail. Rosalynn Carter, who believed Prince was wrongly convicted, secured a reprieve so Prince could join them in Washington. Prince was later granted a full pardon; to this day she occasionally babysits the Carters' grandkids.

The cook who helped inspire the civil rights movement: Lyndon B. Johnson, a young politician, and wife Lady Bird hired Zephyr Wright to cook for their family in Texas while she was still a home-ec major in college. Wright then moved with them to D.C. for L.B.J.'s budding career; on their drive through the segregated South, several hotels refused to house Wright, who was black. That experience helped inspire Johnson's civil rights efforts. As president, he sought Wright's opinions on M.L.K. Jr.'s March on Washington and more. She cooked for them for 27 years. —*Andrea Bartz*

The Pep Talk of All Pep Talks

"Every single one of you is used to being the best female in the unit, hands down.... Now all of a sudden, you aren't.... You're now a diamond among diamonds.... You are going to fail at things. That is going to happen when you are around people this good. Someone is better than you at something?... Figure out why, and do it better next time."

This is the advice an Army Ranger trainer recalls giving to the first all-female Army team to serve alongside Special Ops Forces. Read more about this historic team—and the extraordinary hero at its heart, the late Ashley White, below—in the new book *Ashley's War.*



The pay gap in Belgium...

6%

...and in the United States

19%

Pay Gap, Begone! What the U.S. Can Learn From...Belgium

Women are paid less than men in every country in the world, but some places—like Belgium, New Zealand, and Norway—have narrowed that gap to just 6 percent, according to the Clinton Foundation's new "No Ceilings: The Full Participation Project" report. That's much smaller than America's 19 percent gap. Why? A big reason: Those three countries guarantee policies—like paid sick leave, flexible hours, paid maternity/paternity leave—that make it easier for women to keep working and growing their salaries after kids. "Encouraging men to use these policies is key too," says Katherine Gallagher Robbins of the National Women's Law Center. "The countries succeeding in gender equality are recognizing that women *and* men have responsibilities to balance." —*Monica Potts*

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CHIC PEEK



SPRING BEAUTY OBSESSED

A new season calls for a fresh beauty routine. Good thing stunningly stylish blogger Megan Elliott of **Lush to Blush** is here with her top product picks for sunnier days.

Enter for your chance to win a collection of Megan's spring fashion and beauty obsessions–valued at up to $1,000! To enter, go to chic-peek.com/springbeauty and upload a picture of your receipt or a valid UPC code.*

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1 *"This is my secret weapon for beautiful, healthy-looking skin year-round."*



4 *"They're gentle enough for sensitive skin but can remove stubborn waterproof makeup."*

2 *"The first step of my daily regimen–this leaves my skin feeling hydrated and noticeably brighter."*



3 *"I love blending these pretty and long-lasting eye shadows to get the perfect look."*



5 *"Having full voluminous hair can be your best style accessory."*

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Real Life

My Sister, My Brother

The winner of our tenth essay contest, **Meghan Tear Plummer,** shares her honest, heartfelt story of loving her transgender brother—and missing the sister he used to be.

My sister's clothes hang in my closet and fill my drawers. The only ones I wear regularly are the sports bras, but when I go home to my parents' house, I still head to Lolly's old room to see if there are any more girl things left to take.

On my latest visit I found a jacket I used to borrow in high school, my sister's favorite: blue plaid, with a feminine silhouette. In high school our mom said that I was greedy to nab Lolly's clothes when I had a billion choices of my own, which was true. Now I suspect that Mom just wanted Lolly to hang on to the few girly clothes she would actually wear.

I don't have a sister anymore; I have a brother. Kenyon (formerly my sister, Lolly) is transgender. And I won't start a new paragraph here, because I don't want you to think this is an essay about how weird it is to have a transgender sibling. Instead I'm writing about a shell I still love and the grief I might not feel if I were a better person.

Kenyon started taking testosterone—or T, as he calls it—every seven days beginning in March 2012, when he was 22. The T comes in vials and is the color and consistency of vegetable oil. First Kenyon's voice deepened; then he asked me to watch him shave his face for the first time. Today he is a capable-looking man reminiscent of a teddy bear, an upside-down triangle rather than an hourglass.

When I saw Kenyon for the first time after his top surgery, he let me touch the raised red scars where his breasts had been. After six months of healing the scars still inhibited his motion, but he was less ashamed of these welts than of the binder he used to wear. He'd had only one, and he did everything in it: ran, lifted weights, read in bed, sketched, worked in the lab, worked in the yard. Along with his sweat the binder soaked up the shame he felt for having breasts.

FASHION STYLIST: SOPHIE PERA; HAIR AND MAKEUP: CELINE RUSSELL. PHOTOGRAPHED AT URBAN STANDARD IN BIRMINGHAM, ALABAMA

Photograph by **Rob Culpepper**



Author Plummer, 26, in a Birmingham, Alabama, coffee shop near her home

VALENTINO DRESS. SEE GLAMOURSHOPPER FOR MORE INFORMATION

Kenyon stood in my kitchen and showed me his "new" chest, without mammary tissue and with his nipples grafted lower down on his pectorals. At that moment I realized we have the same nipples.

I'd only really looked at them once before, when we were in high school—before he transitioned, before he came out as attracted to women. Lolly had broken her collarbone in a soccer game, and I was helping my mom undress her after they got back from the hospital. We were in our parents' closet, where Lolly sat still while we maneuvered her jersey off her. Him.

Her lips were white with pain, and she begged our mother not to remove her soccer uniform with scissors. When her sports bra came off, I saw her breasts. I remembered the arguments she would have with Mom when we were little, about how she wanted to wear only bikini bottoms, no top, when we went swimming. Now I couldn't believe there had ever been a time when my sister was so un-self-conscious. She had become painfully modest—and so thin. Her chest was almost as flat as it had been when we were little girls.

At this point she was still my little sister: three inches taller than me but 15 pounds lighter, jawbones sharp against her neck, which was impossibly thin and sinewy. There was no fat anywhere on her body.

It was one of the few times we had actually seen Lolly's body in those days. I remember glimpses only a sister could steal: stripped to our underwear in the pool as we cooled off after long runs; on our friends' boats, in the five seconds she would be undressed just before entering the tea-brown water; after cross-country practice, when she lifted her T-shirt to wipe sweat from her face.

Remember, she was my little sister.

In my kitchen on the day before Thanksgiving, Kenyon said of his nipples, "They're kind of uneven."

I said, "My boobs are different sizes too. Not that you have boobs!"

He laughed and pulled down his shirt.

It took a glimpse of Kenyon's male chest to make me see that our nipples were the same—as if their similarity was proof that we were both finally occupying the bodies we were meant to inhabit.

I felt sadness, too, that had nothing to do with the scars or even the permanency of his transition. It was the space—just those few inches—between where Lolly's nipples had been and where Kenyon's are now.

Because that's where Lolly lives, in that absence on his chest. She lives in a million places. The feeling of discovering them is like expecting one more step at the top of the stairs. Stepping onto nothing.

Lolly lives in her old running shoes that still sit on a rack outside the garage; also, in the love note our nephew wrote to us, his aunts, which hangs on my fridge. She lives in playlists I used to make for her on my computer. Her name is etched on the bottoms of amorphous clay projects from elementary school. I've inherited our matching girly sleeping bags and backpacks and girl-things that I will never give away: skirts and V-neck sweaters and makeup in the wrong shade for my skin. It's like I've become my own twin sister.

What I don't have is a recording of Lolly's voice. I will never hear it again, and I've forgotten its sound.

To miss Lolly is not the same as regretting my brother transitioned. To call Lolly "the shell" is the best way I know to explain what it is that fills me with longing. The shell is not—at least not entirely—the body Kenyon was born in; Lolly the shell is the gender he wore because he had to, because we were born to conservative parents who, at the time, knew no alternative.

There was so much that Kenyon had to surmount in order to transition that it seems unfair to long for Lolly. But this is my essay, and this is my grief.

Kenyon's first memory is of asking our mother, "When will my penis come?" Our mom told him never, because he was a girl. After that he never disobeyed his assigned gender until after we moved from Austin, Texas, to Lake Charles, Louisiana, where he started high school. Then puberty took over and sealed him into a body he hated so much he starved it to androgyny, the only control available to him.

A year after Lolly broke her collarbone, my mom told me she wanted to check Lolly in to the hospital. She had found clumps of my sister's hair in the shower, and said that Lolly had grown lanugo, the downy hair that keeps the body warm in the absence of fat.

Around that time, Mom put an old photo on the fridge. In it, five-year-old Lolly wears a ballet outfit and a tutu and is smiling broadly. Her hands and legs are arranged ungracefully—fingers splayed, the toes of the foot propped on her opposite leg like a flamingo and curled under in a sad imitation of pointing them. Now Mom will admit that the photo was a way for her to remind us that Lolly was, indeed, a girl, that she had been feminine once, and that she could be again, even just for the sixtieth of a second it takes for the shutter to capture an image.

It's hard not to feel that the tutu photo was taken the same day Kenyon asked our mother when he would get a penis and she told him never.

What I call heroism, Kenyon calls survival. I get worked up when our friends say, "We'll love her anyway," or "That must be so hard for your family," implying that Kenyon's transition was a problem, not a solution. But Kenyon simply says: "Well, yeah, it is weird. But all I want is tolerance."

I wonder, Do these friends understand why I've called my brother "Lolly" and

continued on next page

taken an extra second to correct myself. Do they know I wore Lolly's jacket to a friend's house, hoping it still smelled of her? I wonder if they sometimes think about who Kenyon used to be.

I think Kenyon knows Lolly still exists somewhere for our family. I don't talk about it with him very often, because I have been the one to coach my parents out of their ignorance, and I've worked hard to show Kenyon that I agree that transitioning is the best thing he's ever done for himself. He's happy now, and proud of his work toward a graduate degree in chemistry. Three years after he began his transition, he says he is the most emotionally and physically comfortable he's ever felt. When I see stories about people like Leelah Alcorn, the Ohio teen whose parents refused to accept her as transgender and who killed herself, I think about how everything could have turned out differently for our family.

Recently we were visiting my grandmother, and I stumbled on an entire sideboard of photo albums. I reached for Kenyon's baby book—square, with pink stripes—expecting the über-femme photos of my little sister to go on and on. But as soon as Lolly was old enough to have a personality, there he was: two-piece outfits made to look like baseball uniforms in red and blue. Orange where there should have been pink. Hair slicked back flat and boyish. Never a shirt on when it could be off.



The author, left, with Kenyon in 2014

And then there was a photograph alone on a page, all the adhesive around it gone brown. Lolly must have been about three when it was taken, with white blond curls pulled back in a ponytail. And I see Kenyon sitting on top of a picnic table in red Patagonia shorts, topless. He's smiling at the camera—closed mouth stretched over teeth, eyes big. He's genuinely at peace. If the tutu photo is of a little boy trying to please his parents, to comfort them by being the little girl they want him to be, this photo is of a *happy* boy.

I showed Kenyon the happy picture, and he showed it to our parents. I don't know if it made them feel better or worse to see that Lolly has, for his whole life, been their son.

And yet that shell. There are so many ways in which even the hollow thing, holding nothing, will never, ever disappear. This concept is all the more disconcerting when it's applied not just to objects but to Kenyon himself.

In some ways Lolly is still there when we're together. When my brother visits me, we still share a bed, as sisters do. Family members put us in separate bedrooms now, embarrassed when we say we can share a room.

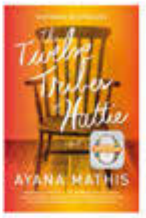
I can complain to him about birth control or female passive aggression because he has experienced both. We are physically affectionate toward each other, as sisterhood taught us to be, though we don't hold hands in public anymore.

The word *brother* still feels shallow to me, at least compared with what my definition of *sister* is. I tell myself that all the times I talked or thought about my sister, I was just using a different word for *brother*. Even so, it still feels misleading to use male pronouns when I talk about Kenyon's childhood, because for most of our lives he was my sister. The "shell" is the best way Kenyon and I can understand what has changed. Today he is fully, joyously himself. And yet Lolly exists somewhere between the *his* and *her*, and she is missed because she was familiar, and I will have to dismiss her for the same reasons we don't get nostalgic when we dust our houses: This is old skin. It's something else now. Now we have something new.

Meghan Tear Plummer is an M.F.A. candidate at the University of Alabama in Tuscaloosa.

What the Judges Said

Our panel of pros picked this gem from among 1,200 entries. Here's why:



"You can feel a real personality on the page when you read. Her voice is extraordinary." —*Ayana Mathis, author of* The Twelve Tribes of Hattie



"The temptation is to tie things up at the end, but I liked how Meghan admitted ambivalence and doubt—exploring that gray area." —*J. Courtney Sullivan, author of three best-selling novels*



"This is an author who seems destined for a writing career." —*Jane Smiley, Pulitzer Prize winner*



"There were so many phrases that made me catch my breath, so many interesting details that described pain and grief. I thought this piece was really beautifully written." —*Marie Lu, author of the Legend trilogy*

Every woman has an amazing story. We want to hear yours. To enter this year's contest, send us your essay—no more than 3,500 words—by July 15. You could win $5,000, see your story in *Glamour,* and meet with a top New York literary agent! Go to glamour.com/win for more details.

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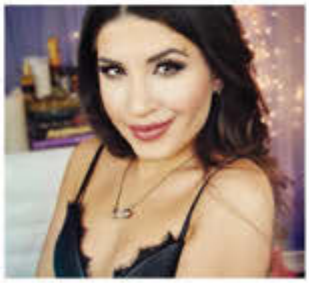
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TUNE IN AND GET YOUR BEAUTY ON

All this month, visit the fabulous YouTube Vlogger Jessica Harlow as she pulls together the best looks for spring and shows you how it's done.

Find her at **chic-peek.com/jessicaharlow** and her beauty-full channel, **youtube.com/missjessicaharlow**.

Get ready to get schooled.



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Edited by Danielle Kosecki



How to Get a Little Bit Richer

These mini goals will help you grow your bottom line.
By Jennifer Breheny Wallace

Is tax time bringing you down? Fixing that may not require a massive overhaul: Northwestern University researchers found that the confidence boost we get from achieving small money goals can build the momentum needed to conquer larger ones (like creating that emergency fund every expert recommends). Here, three totally doable goals to get you going. Tackle one at a time. By *next* April 15, you'll have improved your financial life.

1.

If your goal is to spend less... "Negotiate at least one bill. Start by asking your cable company for a better rate. Then call your credit card companies and ask to have late fees waived or your interest rate lowered. Even medical bills are negotiable. Talk directly to the head of the billing department at the medical center. It may take a few calls for them to budge, but stick with it."
—Nicole Lapin, TV finance expert and author of Rich Bitch, *a financial guide for young women*

2.

If your goal is to be more confident about money... "Follow a personal-finance blog or podcast that focuses on your long-term money goals, like paying down debt or learning about investing. (One I like? Wisebread.com.) Make it a part of your morning routine or commute, and you'll get more comfortable with important terms and strategies."
—Shannon McNay, community builder at readyforzero.com, a personal-finance site that helps consumers pay off their debt

3.

If your goal is to stick to a budget... "Establish two separate bank accounts, or buckets, with separate debit cards. Use one for 'fun' money (clothes, entertainment); use the other for fixed expenses (food, utilities). After every paycheck, transfer a set amount—say, 10 percent—into your 'fun' account. When the fun money runs out, you'll know immediately!"
—Amanda Steinberg, founder of dailyworth.com, a finance and career website for women

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ADAM KATZ SINDING/BLAUBLUT EDITION/TRUNK ARCHIVE

Meet the $9 Billion Woman

Elizabeth Holmes has invented a way to get lifesaving blood tests at your drugstore—making her, at 31, the youngest self-made female billionaire in the world. *Glamour*'s Cindi Leive finds out how *that* happened.



Holmes, far right, with Leive at Theranos headquarters, in Palo Alto, California

As the editor of *Glamour*, I get to meet a lot of impressive women: politicians, athletes, Oscar winners. But even against that powerhouse landscape, Elizabeth Holmes stands out. Listen to her résumé: At 19 she dropped out of Stanford to start the biotech company of her dreams—and 12 years later, that company, Theranos, is worth a sweet $9 billion. Her former associate dean at Stanford now works for her. *Two* former Secretaries of State sit on her board. And Holmes, a serious, focused woman—who, like Apple cofounder Steve Jobs before her, wears a black turtleneck to work every day—is, according to *Forbes*, the youngest self-made female billionaire on the planet.

That's why she's impressive. But here's why she's *cool*: Holmes' actual life goal is not simply to make more money; it's to change our entire view of health care—and she's already started. Theranos' exclusive blood-testing method uses just a few drops from your finger to run a huge battery of lab tests—cheap and fast. Before meeting Holmes, I spent approximately 19 minutes in a spalike room at a Walgreens in Palo Alto. There I got *my* finger painlessly pricked—and, for less than the price of a latte, chose from an endless menu of tests that would otherwise have cost me hundreds and a doctor's office visit. (Results popped up via voicemail, and in an app on my phone, a few hours later, and yes, I am now taking a supplement to fix those low vitamin D levels.) Holmes lost an uncle to cancer when she was young, and she passionately believes that putting medical information in patients' own hands will make blood testing a routine healthy habit, just like eating right and exercising. And she believes it will save lives. ("Today, when people get really sick, most of the time it's too late to do something," she says.) Theranos centers are now at Walgreens in Arizona and California, with plans to roll out to the chain's other locations.

Like any disruptor, Holmes has stirred up controversy (the big companies who've owned the testing turf for decades claim her methods are unproven—a charge she vigorously counters). It doesn't faze her. Here's what she's learned on the sometimes rocky, always fulfilling, road to $9 billion.

CINDI LEIVE: So I've just come from my test at Walgreens. This does seem revolutionary.

ELIZABETH HOLMES: In the United States 40 to 60 percent of people do not get their tests done when a physician gives them a requisition.... And a lot of people will say it's because they're scared of needles.

CL: Which is legit. You, yourself, are, right?

EH: [*Nods.*] I detest [them] deeply. And a lot of people say it's because they can't afford it.

CL: The price differences are amazing. It can cost hundreds to get a basic fertility workup, but through Theranos at Walgreens, you could get the testing for something like $35. And the cholesterol test I just got might cost $85 at a doctor's office—and at Walgreens it was only $2.99. How is that actually possible?

EH: It's the result of 11 years of technology development...and

continued on next page

 Photographs by Miha Matei

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[at Theranos] you know before you get the test done how much it's going to cost you. Most of the time, in health care, you have the service and have no idea how much you agreed to pay until you get a bill.

CL: You've said that your childhood was "not normal," which I loved. In what way?

EH: Well, *I* was not very normal—

CL: Normal's overrated.

EH: I totally agree. [*Laughs.*] I was very blessed to grow up in an environment in which I was encouraged to believe that there was nothing I couldn't do. For example, when I was about seven years old, I began designing a time machine, and I had very detailed "engineering drawings." And I'd show them to my parents, and they [would say], "Of course. How's the development going?"

CL: Your parents took you seriously, and that taught you to take yourself seriously?

EH: Very much so. When you're in that period of your life, you respond so strongly to what you're exposed to, in the context of what you believe you can and cannot do.

CL: You talked your way into Mandarin classes at Stanford when you were still in high school. Did you have to screw up your courage to do that?

EH: It was like building a company, where you make a decision like, "I am gonna figure out how to do this, and if they say no to me a thousand times, I'm gonna keep on trying for the next thousand."

CL: You wore them down?

EH: Yeah. I did the same [when I was] *at* Stanford too.

CL: And when you had the idea for your blood-testing innovation and decided to drop out of college—how hard was that decision?

EH: It wasn't hard at all. I really [felt] there was no way I could make a greater difference with my life. When you find what you love, you do it. That's it.

CL: Did people try to talk you out of it?

EH: All the time. My parents were wonderfully supportive. They let me take the money they'd saved their whole lives for me to go to college and put it into this business. But the doubters make you stronger.... You have to think about—if you didn't have to worry about making money or taking care of people, what is it that you love so much that, even if you got fired from that job over and over again, you would keep doing it? Then go follow that, because *that's* your path.



Just a Drop: Holmes holding the tiny blood sample her company needs to do as many as 75 tests.

"What is it that, even if you got fired, you'd keep doing?... *That's* your path."

CL: What's the hardest part of being a boss for you? You have 700 employees at Theranos, and you are growing.

EH: Hiring the right people. You're looking for the ones who say, "This is what I've wanted to do my whole life."

CL: You've been described as the world's youngest self-made female billionaire. Yet you live pretty modestly. You have a two-bedroom condo, and I've heard no reports of a grand closet filled with 800 Birkin bags. What *are* you tempted to spend money on, now that you can?

EH: It's pretty easy for me right now because I'm here seven days a week. [*Laughs.*] I put all of my money into this business.

CL: In Ken Auletta's profile of you for *The New Yorker*, he said, and I hope it's not painful to hear, "She no longer devotes time to novels or friends, doesn't date, doesn't own a television, and hasn't taken a vacation in 10 years." But you seem pretty happy. So is work-life balance overrated for you?

EH: For a long time I didn't take a vacation because I *couldn't*. I could take one now, but I am never happier than when I'm here. I certainly one day want to have a family, and I don't think those things are mutually exclusive.

CL: I wouldn't ask every entrepreneur about fashion, but you are wearing a black turtleneck and—

EH: My mom had me in black turtlenecks when I was, like, eight. I probably have 150 of these. [It's] my uniform. It makes it easy, because every day you put on the same thing and don't have to think about it—one less thing in your life. All my focus is on the work. I take it so seriously; I'm sure that translates into how I dress.

CL: At the moment you need a doctor's lab order to get a Theranos test, correct?

EH: Yes. Some states don't allow direct-to-consumer testing... but that must change. I do not believe you can say to a human that it is against the law to spend their own money to get information about their own body. It's a very basic human right. Theranos offers low-cost testing for STDs. *Every* woman should be able to get those tests without being afraid of who knows about it.

CL: I know you do tests for less than Medicare will cover, so you could save states a lot of money.

EH: Yes. We've brought the key tests down to more than 90 percent off their reimbursement threshold. The savings to a state like Arizona are greater than $10 billion over the course of the next 10 years.

CL: So let's say a *Glamour* reader is reading this 10 years from now. What do you hope her health-care world is like?

EH: Women often work so hard on their physique. And yet the kind of information you can learn about your health from your blood blows the bathroom scale out of the water. I hope she will have a better shot of seeing the onset of disease in time to do something about it.

CL: And for a woman reading this, with a dream of *any* kind, what should she take from the story of a woman who, at 19, left college and started what is now a $9 billion company?

EH: I would say three things: Find what you love, and don't let it go no matter what. I would say Winston Churchill really knew what he was talking about when he said, "Never give in. Never give in. Never, never, never...." And I would say that I am living proof that it's true that if you can imagine it, you can achieve it.

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Napa Valley Girl

She's a model *and* a vineyard owner. We invited ourselves for a little Wine 101 with Michèle Lorenza Ouellet. By Erica Blumenthal



Heard It Through the Grapevine Lorenza Ouellet wearing a cozy Marlow pullover, a Brixton wide-brimmed hat, and faded Levi's

If model-slash-vintner seems like an improbable career hybrid, you haven't met Michèle Lorenza Ouellet. Born in California's Napa Valley, Lorenza Ouellet, 26, has food and wine in her DNA, so her friends weren't surprised when the model (known for her Madewell campaigns) decided to open a winery with her mother, Melinda Kearney. Their product: Lorenza, a California rosé. And their timing? Impeccable. "I'm pretty sure rosé is the most prominent drink in pop culture today," Lorenza Ouellet says. Consider the opening verse of Katy Perry's "This Is How We Do" ("Sipping on rosé, Silver Lake sun..."), the rapper Rick Ross's nickname Ricky Rozay, or Brangelina, who developed the popular Miraval rosé.

So what exactly is the stuff Lorenza Ouellet calls "the happiest drink ever"? Rosé is made from red grapes, but the juice is separated from the skins early in the process, giving the wine its light hue. It's not a summer-only drink either: "To ensure a dry, crisp result, we harvest late summer," she says. "Bottling takes place in December, and the wine is released in February."

We took a trip to picture-perfect Napa (for scenery, check out Lorenza Ouellet's Instagram @kissser) and tasked the mother-daughter duo with teaching us all things wine. Here's what we learned:

First, Some Wine-Shopping Secrets

In a perfect world we'd all know our pinot noirs from our syrahs, but in reality choosing a wine can be daunting. "My top tip is to befriend your local merchant," says Lorenza Ouellet. "Let him or her know your taste preferences and what you're serving, and you've got a much better chance of ending up with what you want."

For rosé shopping she has a couple of quick cheats: Look for the latest vintage (unlike many wines, rosé doesn't get better with age), and use color to predict taste (a pale pink or salmon hue indicates a refreshing, drier rosé, says Lorenza Ouellet, while darker tints are more full-bodied).

As for other wines? First, check the alcohol percentage. "Lower alcohol allows for a more delicate wine," says Kearney. "Plus, it means we can have another glass at brunch." Next, look for where the wine was produced. You may not know the grape variety (muscadet, mencía—say what?),

continued on next page

Photographs by We Are the Rhoads

Black Rose Cocktail

This drink, created by James Lee of The Bitter Bar in Boulder, Colorado, will be your go-to from now through summer.

6 blackberries
3 oz. bourbon
1 oz. red wine aperitif
1½ oz. fresh lemon juice
1½ oz. simple syrup (to make, boil equal parts sugar and water until sugar dissolves; cool)
About 6 oz. (¾ cup) rosé wine
Twist of lemon peel, for garnish

Crush 4 blackberries in a mixing glass or cocktail shaker. Then add bourbon, aperitif, lemon juice, and simple syrup. Add ice. Shake for 5 to 10 seconds. Strain into 2 tall glasses filled with fresh ice, then top off with rosé wine. Garnish each with a blackberry and a twist of lemon peel. Serves 2.



La Vie en Rosé
Add pomegranates, almonds, and grapes to a cheese plate.
Pottery Barn picnic basket ($40, potterybarn.com)



Like Mother, Like Daughter
"With both my parents in the food and wine business, it was hard not to be inspired to join in!" says Lorenza Ouellet, right.
From left: **Acne Studios** sweater; **Rag & Bone** fedora, skirt. **Edun** sweater; **Mother** jeans.

Picnic-Season Essentials

Toast in style with these Lorenza Ouellet–approved picks.



GLASSES AND SERVING TRAY
The One by Master Sommelier Andrea Robinson glasses ($50 for set of four, andreawine.com); **William-Wayne & Co.** tray ($95, william-wayne.com)



CLASSIC CORKSCREW
J.L. Lawson ($90, bespokeglobal.com)



STRIPED PICNIC BLANKETS
Chance ($110 each, chanceco.com)



AND OF COURSE, THAT WINE
Lorenza rosé ($20, lorenzawine.com)

but if you can figure out the climate it grew in, you'll have a better chance of picking the right bottle. Generally, cooler climates (like Oregon) produce crisper, lighter wines, while warm climates (southern Italy) make bigger, bolder ones. With this intel you should also be able to branch out from the typical French, Italian, and California wines and try some new (and often less expensive) varieties.

What She Serves With What

Lorenza Ouellet's number-one rule for pairing wine with food? Don't get stuck on what's "right." "The important thing is that you like the wine you're drinking," she says. Even so, she and Kearney are fans of several classic combinations, such as oysters with Champagne; a rare steak with cabernet sauvignon; lamb with syrah; and grilled salmon with pinot noir. Their all-time favorite pairings (copy away!): lamb chops with Lang & Reed Cabernet Franc Two-Fourteen; spicy Thai with Calder Wine Company Dry Riesling; and braised short ribs with Napa Valley's Continuum Estate red cabernet blend. And what do they eat with rosé? "Dry rosé goes with everything," says Lorenza Ouellet. "Some favorite pairings include fried chicken, fish tacos, or salad with strawberries and goat cheese."

And What to Do With the Leftovers

Most wine lasts two days—longer if you use a vacuum preserver or buy boxed wine (now genuinely tasty; try Bandit, Black Box, and Public House). After that, you can use leftover wine for cooking, Lorenza Ouellet notes. Rosé or dry white can liven up soup or be added to pan juices when roasting chicken; use leftover red for coq au vin or pasta sauce. Bon appétit!

STYLIST: MARINA MUNOZ FOR LALALAND; HAIR: YIOTIS PANAYIOTOU; MAKEUP: GEOFFREY RODRIGUEZ. STILLS: **TIM HOUT**; STYLIST: SALLY PENN. SEE GLAMOUR SHOPPER FOR MORE INFORMATION


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UNBREAKABLE
KIMMY SCHMIDT
LIFE BEGINS
WHEN THE WORLD
DOESN'T END.
ALL EPISODES
March 6



No Plain Jane

Meet Gina Rodriguez. Her big win for her role on *Jane the Virgin* definitely won't be her last.
By Jessica Kantor

You can't help but wonder what the writers were drinking when they dreamed this up: A 23-year-old virgin is accidentally artificially inseminated during a checkup. Oh, and the donor dad? He's a former playboy and cancer survivor—*and* her teenage crush. Navigating all that hilarious, endearing drama: Gina Rodriguez, 30, who just won a Golden Globe for her headlining role on The CW's *Jane the Virgin*. The daughter of Puerto Rican natives, Rodriguez is only the third Latina to win a top actress prize

STYLIST: JESSICA DE RUITER FOR THE WALL GROUP; HAIR: PAUL NORTON FOR TRACEY MATTINGLY; MAKEUP: KATHY JEUNG FOR FORWARD ARTISTS; MANICURE: KAREN GUTIERREZ FOR NAILING HOLLYWOOD. BAND OF OUTSIDERS DRESS. SEE GLAMOURSHOPPER FOR MORE INFORMATION

Photograph by Doug Inglish

continued on next page

(she's in good company with Rita Moreno and America Ferrera). And she's just getting started on breaking barriers. Let her tell you all about it!

GLAMOUR: How did you know the role of Jane was right for you?

GINA RODRIGUEZ: I wanted a new story that was going to open up how people view Latinas and women, so I've passed on certain roles, which is terrifying when you don't have money! Like Jane, and like the majority of the country, I grew up influenced by two cultures. We didn't sit around and discuss it; it just *was*.

GLAMOUR: Jane is very close to her mother and grandmother. Who's your role model?

GR: My mom is a pillar of wisdom and advice. She almost never wore makeup, and she encouraged natural beauty. When I was in college, she would say, "Don't cover your face—you want the guy to see the same person in the morning."



Rodriguez accepts her Golden Globe.

GLAMOUR: You've said you're not the typical Hollywood ingenue. Have you ever felt pressure to change?

GR: Oh, 100 percent—I am not superhuman. I constantly work on not letting those images push away the reminder that I am beautiful the way I am. After a photo shoot, if I get photoshopped to make me "look better" and it doesn't look like me, I remind myself, Those are *their* standards, definitely not mine.

GLAMOUR: Jane has some drama-filled dating moments. How was your most awkward date?

GR: I had a terrible date with this super-socialite guy when I first moved to L.A.—he was so pompous. I took out my money, put it on the table, and said, "I'm not having a good time, so I'm going to pay for this and leave." I walked out thinking, Look at you, badass! Now I'm in a great relationship [with actor Henri Esteve] that is far from dramatic. Our first date was the day before the *Jane* audition. We talked for four hours. He was my good-luck charm.

GLAMOUR: Jane's life has veered off track. Do you plan out your future?

GR: My favorite quote is "If you want to make God laugh, tell him your plans." My career is the only thing I've planned. I used to tell my parents, "I will be famous before I graduate college." And they were like, "Go be a lawyer."

GLAMOUR: You just won a Golden Globe for Best Actress in a TV Series, Musical, or Comedy—what was your first thought when they called your name?

GR: White noise. As I lifted my head, I thought: Oh my God, you work so hard. You pray; you dream; you fail; you try again; and here it is! And holy cow, is that *Oprah*?

Your Spring Soundtrack, Perfected

Feeling weepy? Ambitious? New music for every mood.



1.

YOUR MOOD: You need a work soundtrack that will keep you peppy.

THE ALBUM: Fences' *Lesser Oceans*



2.

YOUR MOOD: You will start that novel/demand that raise/run that half *today*.

THE ALBUM: *After It All*, by Delta Rae



3.

YOUR MOOD: That guy's coming over, and you'd like to appear cool and mysterious.

THE ALBUM: Marina and the Diamonds' *Froot*

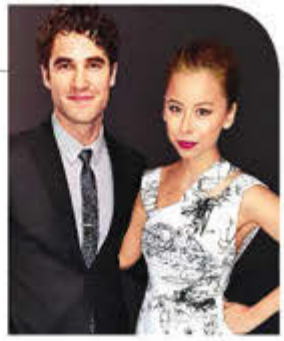


4.

YOUR MOOD: You still have the breakup blues, but you're going out anyway.

THE ALBUM: Kelly Clarkson's eighth, *Piece by Piece*.

—Megan Angelo



The Woman Behind

Hollywood's Best-Dressed Dudes

At only 5'3", Ashley Weston has huge It Guys like Jon Hamm and Dave Franco in the palm of her hand. The 27-year-old high school math teacher turned celebrity menswear stylist (love a zigzag career path!) has put her dapper stamp everywhere—the Emmys, the Met Ball, and magazine spreads and billboards nationwide. Here's the low-down on the woman behind the male red carpet.

My first big break: "Darren Criss [top, at the Grammys] was my first client. I loved him on *Glee*, so I called his manager, and the next thing I knew I was styling him for the American Music Awards and VMAs, and landed referrals from there. 'Fake it till you make it' really works."

How I got my mentor: "The eagerness to learn and go the extra mile separates you from the pack. My mentor saw that I'd go across town to get one accessory from a showroom instead of say, 'We're good without it.'"

On overcoming my fears: "I was the shyest person growing up. To get over my fears, I would rehearse talking points before going into showrooms."

The pieces to sneak into a man's closet: "A well-tailored navy sport coat, dark jeans, and black dress shoes. Take it from me—the first thing I noticed about my boyfriend were his shoes!" *—Caitlin Brody*

RODRIGUEZ: PAUL DRINKWATER/NBC UNIVERSAL VIA GETTY IMAGES. THE WOMAN BEHIND: COURTESY OF SUBJECT. ALBUM COVERS: FENCES: STEAKMTN./WARNER MUSIC GROUP. DELTA RAE: COURTESY OF WARNER BROS. MARINA AND THE DIAMONDS: COURTESY OF ATLANTIC RECORDS. KELLY CLARKSON: COURTESY OF SONY MUSIC ENTERTAINMENT. WESTON AND CRISS: COURTESY OF ASHLEY WESTON

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Caress

by *Glamour* TV columnist Megan Angelo, @meganangelo;
read her daily at glamour.com/entertainment



Your Binge-Watching Prayers Have Been Answered!

Glamour chats with Tina Fey and Ellie Kemper about their hilarious, marathon-worthy new show.

There's a moment in *Unbreakable Kimmy Schmidt*, the new Netflix comedy created and written by Tina Fey and Robert Carlock and starring Ellie Kemper (*The Office*), that made me honest-to-God snort with laughter. Kimmy, a woman who's just escaped an underground cult and moved to New York City, marches past a construction worker who catcalls her: "Hey, Red! You're making me wish I was those jeans!" She turns to him with a bright smile, assessing his helmet. "Well, I wish I was your yellow hat!" she answers, leaving him lost for words. I howled. Kimmy's wide-eyed attitude makes plenty of things we've come to accept as normal (from street harassment to lip injections) look ridiculous. Refreshing—and empowering. I talked with Fey and Kemper about the show (which is out March 6, with 13 addictive episodes, and costars *30 Rock*'s Jane Krakowski) and its message, found right in the lyrics of the theme song: "Females are strong as hell!" We couldn't agree more.

GLAMOUR: The show starts with Kimmy's being rescued from a bunker, where she's been kept for years. Jokes about that scenario don't exactly write themselves. Why did you start there?

TINA FEY: My producing partner, Robert Carlock [who coproduced *30 Rock*], and I wanted to write something for Ellie; she's adorable but also has strength. We live in a strange world in which people, literally and metaphorically, like to lock up women. And we liked the idea of Ellie playing a survivor and starting over.



Netflix's New Power Women
Kemper is ruling New York City—backpack and all.

GLAMOUR: Everyone starts from scratch at some point. Do you remember a time like that from your own life?

ELLIE KEMPER: For me, it was at the beginning of my career, when I kept getting rejected at auditions. I wanted more control, so I started to write for myself.

TINA: Anytime you move to a big city, you're like, "I will hang out with anyone."

GLAMOUR: Kimmy sees the ways women can be held back—and hold themselves back—in the free world. For example, there's a lot in the show about unrealistic beauty standards.

TINA: I have talked to Ellie about the fact that she needs to maintain an unrealistic standard of beauty, and she has done it. [*Laughs.*]

ELLIE: [*Laughs.*] Thank you. I'm coming from *The Office*, where it wasn't the most glamorous. When you're not worried about looks, you can be funnier.

TINA: I like when people have faces you can memorize. But if you fix your nose and you fix your teeth, you start to become a little harder to memorize. We like having Kimmy as a filter for the world. [When she discovers plastic surgery], she's like, "You do *what* to your face? Why?"

GLAMOUR: What have you learned from Kimmy's preternatural determination?

TINA: People can go through so much and still not think the world is a terrible place. They want to be positive.

ELLIE: Kimmy refuses to let her past shape her future. She won't blame her past for anything bad that happens to her. That's what I enjoy the most about her. Well, that and her very colorful outfits.

5 Things I'm Loving This Month (and One I'm So Over)

The Hunting Ground
It's sometimes easy to forget this campus-rape documentary, in theaters now, isn't a horror movie. The bravery of the survivors turned activists is awe-inspiring.

***Inside the O'Briens*, by Lisa Genova**
This novel of siblings rocked by their father's Huntington's disease is a total tearjerker, but ultimately it's a tribute to family love.

Greg Holden's *Chase the Sun*
The British newcomer's debut rock album is crazy catchy (no surprise, since he wrote Phillip Phillips' megahit "Home").

***Wonder Woman* director Michelle MacLaren**
Come 2017 she'll be the first woman to direct a major comic-book-character movie. Another glass ceiling shattered.

The *Broad City* iPhone keyboard
These free *BC* emojis from the app store have neon-brightened my texts. (Get your thumbs up for a dancing Abbi GIF.)

OVER IT:
All those white Bachelors
It's been 19 seasons of so much vanilla on the show. Can we *please* mix it up already? —*M.A.*

IMAGES FOR ILLUSTRATION: KRAKOWSKI: TRAE PATTON/CBS PHOTO ARCHIVE/CBS VIA GETTY IMAGES. FEY: ART STREIBER/NBC/NBCU PHOTO BANK. KEMPER: COURTESY OF NETFLIX. BACKGROUND BUILDINGS: SHUTTERSTOCK (4). ANGELO: ALISON CONKLIN

Illustration by Sean McCabe



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VODIANOVA: **PATRICK DEMARCHELIER.** SEE GLAMOUR SHOPPER FOR MORE INFORMATION

Role



Model

Meet Natalia Vodianova: supermodel by day, superhero for kids by night. So basically? The ideal face for *Glamour*'s Beauty Issue. By Christa D'Souza

Photographs by **Patrick Demarchelier** Fashion editor: **Jillian Davison**



A Cautionary Tale
"My grandmother caught me once [with tweezers] totally going at my eyebrows," says Vodianova. "She said, 'No, no, no.... Your eyebrows are your biggest asset.'"

Gucci shirt, pants. **Amedeo** earrings. Opposite page: **Chloé** dress. **Beladora** earrings. **Fred Leighton** bracelet. **Louis Vuitton** boots. Like her root-to-tip fullness? Try **Garnier Fructis** Full & Plush Ends Plumper Amplifying Leave-In-Serum ($6, at drugstores).

I first met Natalia Vodianova one searingly cold week in Moscow. It was 2008, and I was attending a ball she was throwing for her Naked Heart Foundation, which supports children with special needs in Russia. It was a crazy couple of days. Everyone drank industrial amounts of vodka and ate caviar. There was Russian dancing, and I will never forget the childlike figure of Vodianova twirling and kicking up her heels on the floor. Today we're meeting at a hotel in Paris, the city where she lives with her family—her boyfriend, Antoine Arnault; their infant son, Maxim; and her three kids (Lucas, Neva, and Viktor) from her marriage to Justin Portman. And the mood, this time, is decidedly different. It is just days after terrorists attacked the offices of the French satirical weekly magazine *Charlie Hebdo,* and the city is on high alert; the suspects are holed up in a warehouse, just 25 miles away. "This is the first time I've been out in two days," says Vodianova, 33. Though she's clearly rattled, she barely lets on. After all, she has been taking care of herself since she was a girl—and today is no exception.

Vodianova was brought up in a poverty-stricken single-parent household in Nizhny Novgorod, Russia. Her mother, Larisa, couldn't work full-time because Vodianova's sister Oksana, who has autism and cerebral palsy, required constant care. At just 11 Vodianova began selling fruit illegally on the street to help her family make ends meet. At 17 she moved to Paris to pursue a career in modeling, after being spotted by a local modeling scout. In 2001 the 5'9½" blond appeared on Marc Jacobs' runway, and the rest, as they say, is history. Today, more than a decade into her career, Supernova, as she was nicknamed by photographer Mario Testino, is still shining: Last fall Vodianova landed the cover of *Vanity Fair*'s International Best-Dressed issue and made *Forbes*' short list of the world's highest-paid models; this spring you'll see her in ads for both Stella McCartney and Guerlain. (And fun fact: In both March 2011 and March 2013, she ran the Paris half-marathon and walked the Givenchy runway in one day. One day!) Somehow, in this youth-driven industry, Vodianova's managed to turn her "moment" into 14 years and counting.

But her most meaningful successes aren't professional—they're personal. Inspired by Oksana, Vodianova is using her clout to change the lives of children with special needs. In Russia, where people with disabilities are still not often considered equal members of society, the Naked Heart Foundation has helped schools train teachers, has built 136 accessible playgrounds, and, little by little, has chipped away at those damaging attitudes. In its first 10 years Naked Heart has raised nearly $35 million, and its founder, Vodianova, has earned many awards—among them, *Glamour* Woman of the Year in 2014. "What's special about Natalia isn't the scale or swiftness of her success," Arianna Huffington told the audience at *Glamour*'s Women of the Year Awards last November. "It's the incredible things she has done with her success." Vodianova is leading the pack of models—including Christy Turlington Burns, Liya Kebede, and Petra Nemcova—who have started foundations since 2004. And she's showing no signs of slowing down: This September she'll launch a new social-media-type platform that aims to inspire everyday philanthropy.

In short, she's not just taking care of herself; she's taking care of thousands, including, for a minute today, *me.* As we finish our lunch, there's another scare—an armed man is on the loose, not far from the hotel. It's a false alarm, but she insists on hailing me a taxi herself. She approaches one parked on the next block with his light switched off, and with those cornflower blue eyes, implores him, in French, to take me to the train station Gare du Nord. Never, take my word for it, has a Paris taxi driver been so eager to oblige.

GLAMOUR: So you haven't been out of the house for two days.
NATALIA VODIANOVA: I'm happy to be speaking to someone I know, just because of the atmosphere.
GLAMOUR: Well, I love to interview you, and we'll move on to happier things. This is *Glamour*'s Beauty Issue, so I want to start with questions about beauty. How did growing up in Russia affect your view of what's considered beautiful?
NV: I watched Soviet films made in the 1940s, '50s, '60s, '70s, because that's what was on. And a certain kind of light and beauty were part of the propaganda. These women had eyeballs that were whiter than snow. Huge smiles. So when everything was tough, what people were seeing on TV were these

continued on next page





Coming Into Her Own
In her early days as a model, Vodianova felt she had to be "tough": "It took a while to find a real friend, someone who'd get to know me enough to tell me, 'You're not in Russia anymore,'" she recalls. "'No one wants to fight you.'"

Givenchy by Riccardo Tisci blouse, bodysuit, shorts, boots. **Altuzarra** earrings. Into her luminous skin? Try **Guerlain** Terracotta Joli Teint Powder Duo ($53, saks.com).



Love, Actually
With her boyfriend, Antoine Arnault, Vodianova says she "went from being curious to getting to know [him] to realizing: This person is wonderful, and I love everything about him."

Rochas dresses, layered. **Stephen Russell** earrings. **Sabine G.** ring. **Louis Vuitton** boots. **See Glamour Shopper for more information.**
Hair: Teddy Charles for Art + Commerce; makeup: Fulvia Farolfi for Bryan Bantry Agency; manicure: Rieko Okusa for Guerlain; set design: Jill Nicholls for Brydges Mackinney.

motivational images; there was always a bit of strength through the suffering. When I discovered foreign films, Audrey Hepburn became my icon. She's so full of life. I love *Roman Holiday*, *Sabrina*.

GLAMOUR: I've heard your grandmother, with whom you lived for a time as a child, had long red hair and wore red lipstick.

NV: She did it all. She put on a whole face of makeup. Hair up. Mind you, this was after she'd gone running in the park at 6:00 A.M. and swimming in the frozen lake. When she came back, she smelled like snow. And then she would go to work.

GLAMOUR: What type of beauty wisdom did she pass onto you?

NV: My grandmother caught me once [with tweezers] totally going at my eyebrows, and said, "What are you doing?" I said, "My eyebrows are so thick, I hate them." And she said, "No, no, no. You don't understand yet. Your eyebrows are your biggest asset."

GLAMOUR: Tell us about your first modeling audition, when a scout came to Nizhny. You once likened the experience to a piece of fruit being inspected for imperfections.

NV: I didn't know the business. These poor girls were lined up in short skirts. They were all scared. There was this guy walking along, looking at them, and I could see how much he enjoyed it. He was the biggest asshole. I stood in the corner, and some other guy took a picture of me. That was how I was discovered, really.

GLAMOUR: You had to be persuaded by your grandmother to get on the plane to Paris to pursue modeling. Why were you reluctant?

NV: She kept buying me plane tickets, and I was like, I'm fine in Nizhny. I have my little life; my fruit stall is doing OK. Deep inside was this fear: What if nothing happens and I have to come back?

GLAMOUR: Was it a big change moving from Nizhny to Paris at 17?

NV: As a girl in Russia, I had felt exposed to the street—to stealing, fighting. At school there were gangs of girls and boys who'd beat you up if you looked or said something wrong. You had to be tough. When I arrived in Paris, I could not speak French or English. I was so defensive. I felt like I still had to be tough.

GLAMOUR: Did you get a reputation for that in the industry?

NV: Totally possible. You have no idea how snappy I was.... I was 17 and alone—it's difficult to find friends. It took a while to find a real friend, someone who'd get to know me enough to tell me, "You're not in Russia anymore. No one wants to fight you. Nobody wants to hurt you." I remember my friend telling me this, and I was crying because I suddenly realized my friend was right.

GLAMOUR: You're 33 now. In the past a model's career has been limited. How much longer do you see yourself in front of the camera?

NV: I think it is something that will always be part of my life because I love it. If I didn't, no way!

GLAMOUR: Do you find that people embrace the idea of the "older woman" more in French culture than they do in American culture?

NV: I do. I think [youth obsession] is a sign of new money—like, I was nowhere and now I've made it, so I need the newest car, youngest girl. It's not like that here. If you meet Catherine Deneuve, you feel the presence of an [older] woman who is celebrated.

GLAMOUR: You were honored as a *Glamour* Woman of the Year in 2014 for your work with Naked Heart. Starting the foundation in 2004, you already had this amazing life: beautiful husband and child, modeling. And you felt like, hold on, something's missing?

NV: There was a point, in 2003, when I was lost. I was thinking, Why am I still modeling? When you learn as a child how to fight for the next day, you don't suddenly go, "Wow, I'm 21. I'm going to enjoy all of this because I deserve it." At some point I said, "What's next?" Then Beslan happened—

GLAMOUR: The school massacre in Russia, in which 186 kids were killed.

NV: And it sparked this will in me to give back to my country.

GLAMOUR: You must feel immense joy helping children like your sister.

NV: Looking back on my childhood, I loved Oksana more than anything, but I also realized a lot of [my family's] struggles were because of her. So when I was setting up my foundation, I was thinking about children with special needs.... I remember cutting the ribbon at the first play park I built, which was five minutes from where I lived, and all these children filling up the park. The sound of laughter was overwhelming. I cried. It was just—the most beautiful moment I've lived so far.

GLAMOUR: Let's talk about your family. Your partner, Antoine, is, of course, CEO of Berluti and on the board of the luxury giant LVMH. Was it love at first sight?

NV: Eventually. A couple of months, I guess. It went from being curious to getting to know [him] to realizing: This person is wonderful, and I love everything about him. [But] there was a little bit of pulling the blanket in the beginning, like any couple.

GLAMOUR: You mean there was a back-and-forth about who was going to be the adorer and who was going to be the adored?

NV: Antoine is a very spoiled man; he is used to women being so happy to be with him. And I'm very happy to be with him, but I have an incredible sense of independence.

GLAMOUR: You grew up in a matriarchal atmosphere, didn't you?

NV: Totally. My grandfather was an incredible man, but it was my grandmother [who ruled the house]. He was such a gentleman, my grandfather. Even in his eighties. When he didn't hold the door open for my grandmother, she would get so mad!...With Antoine I feel lucky because he's such an incredible man, and I feel like he feels the same about me. It seems like a well-balanced relationship. A few times he has been "the man," and I needed that. In the beginning I remember Antoine would say, "You are not going on that trip," and he would pick up the phone and say, "She's exhausted. She needs to stay home." I would freak out. I felt like the air had been sucked out of me. And then I didn't go. I recaptured my strength. I realized how good it was for me, and I thanked him. I'm a survivor—

GLAMOUR: You could work and work and work.

NV: Yes, and he's a hard worker, but he also understands how important it is to be rested, to be strong. So we exchange that. And of course, I think my craziness and determination also inspire him.

GLAMOUR: What have your kids learned from your work with Naked Heart?

NV: So much. The compassion and empathy they feel for others comes from knowing the reality others face.

GLAMOUR: Do you plan to have any more children?

NV: We are hoping to have a fifth.

GLAMOUR: Wow, brave!

NV: Yeah, and a little crazy.

GLAMOUR: You don't get overwhelmed very easily, do you?

NV: The minute I feel vulnerable, I say, "Hold on: Everyone is healthy. The world isn't ending. We're only talking fashion. I'm fine."

Christa D'Souza is a contributing editor at British Vogue.



Family Matters
Vodianova with daughter Neva and sons Lucas, right, and Viktor in 2012. Adorable! (Today she has a fourth child: her son Maxim, 11 months.)

FAMILY PHOTO: COURTESY OF TIMON AFINSKY FOR SUPERNOVA!

Tablet Exclusive! Watch our exclusive video with Vodianova in *Glamour*'s digital edition. Download it now from your device's app store.



Laced Up
Flip-flops, beware. There's a new sandal in town (see it on page 79 too). "This was my first time shooting with Noah [age two] and Anja [six], and it was the best experience ever," says Ambrosio. "It didn't feel like work but rather a fun day at the beach with my kids."

Stella McCartney dress, $3,895.
Valentino Garavani sandals, $1,875.
Aurélie Bidermann cuff, $170.
One One Hundred silver cuff, $768.
On Anja: **Marie-Chantal** dress.



Haute Hippie
Worn together, exotic patterns get even better. Even Noah's stripes work!

Dries Van Noten coat, $1,550, top, $395, trousers, $1,080, necklace, $620. On Noah: **Petit Bateau** leggings.

Wild Things

What to wear every nonworking minute from now until Labor Day? Easy, breezy pieces in rich prints—perfect on model Alessandra Ambrosio and her children.

Photographs by **Patrick Demarchelier**

Fashion editor: **Jillian Davison**



Jump Start
A simple embroidered tunic is just right for a little down (or up!) time.

Emilio Pucci pullover, $1,100, shorts, $690. On Anja: **Zimmermann** bikini, pants. On Noah: **Boy + Girl** shorts.



Dream Catcher
Spring wardrobe mantra: Put a belt on it! This woven leather one can boho up everything you own.

Tomas Maier dress, $1,290. **Dries Van Noten** cuffs, $445, $270. **Isabel Marant** bracelet, $125. **Sportmax** belt. Into her bronzy glow? Try **BareMinerals** Complexion Rescue Tinted Hydrating Gel Cream ($29, bareminerals.com).



Double Trouble
A long gauzy dress and loose printed pants pair up perfectly.

Chloé dress. **Rag & Bone** pants, $495. **Eric Javits** hat, $800. **Dries Van Noten** necklace, $620. To keep skin protected, try **Victoria's Secret** Broad Spectrum SPF 25 Spray ($15, victoriassecret.com).



Sitting Pretty
Florals don't have to be fussy. Cool embellishments and raw edges give this dress a modern vibe.

Marni dress. On Anja: **Crewcuts by J.Crew** cover-up. **Anaïs & I** pants. For Alessandra's beach-swept texture, we like **Victoria's Secret** Beach Wave Spray ($16, victoriassecret.com).



Baby Steps
A sheer cover-up in a pretty pattern is the easy answer for day or night. Embellished sandals keep the look "dressed."

Lanvin dress, $3,645. **Fay Andrada** bracelet, $195. **Bottega Veneta** bag. **Tomas Maier** sandals, $510.



Flower Power
Consider it your 24-hour dress: A scarf-print maxi is laid-back enough for the beach and elegant enough for cocktails.

Valentino dress. **No. 6** bandeau, $220. **Dries Van Noten** cuffs, $445, $270. **Isabel Marant** shell bracelet, $125. On Anja: **Zimmermann** dress. **See Glamour Shopper for more information.** Model: Alessandra Ambrosio at DNA; hair: Teddy Charles for Art + Commerce; makeup: Fulvia Farolfi for Bryan Bantry Agency; production: Float & Shoot.



Throwing Shade

All you need for instant glam this spring: a chic pair of sunnies and a bold lip color. Find your best pairing here!

Photographs by **Sebastian Mader** Stylist: **Sophie Pera**

Make a statement in two-tone graphic frames and a berry lip. How to keep the color bright? Swipe on a long-wear lipstick like Revlon Ultra HD Lipstick in Iris ($7.50, at drugstores), then dust translucent powder over to set. Top it off with a clear gloss. **Fendi** sunglasses, $465. **Tory Burch** shirt, $275.



Go bold with a pair of retro round sunglasses and an ultra-violet stain. The shine factor is what keeps these lips fresh. We like two layers of Dior Rouge Dior Lipstick in Mauve Mystère ($35, dior.com) and a matching gloss on top.
3.1 Phillip Lim sunglasses, $260. **DemyLee** shirt, $145.



Matchy-matchy at its best: vibrant fuchsia lips *and* specs. To get this ladylike look, start by filling in lips with a magenta pencil; then apply an opaque gloss like Chanel Rouge Allure Gloss in Suprême ($34, chanel.com), focusing on the center of the lips.
Chanel sunglasses, $350, shirt.



Modernize things with a futuristic shape and a barely-there tint. When shades are *this* bold, a neutral lip is nice. For the most flattering nude, go for a peach-based formula like CoverGirl Colorlicious Lip Gloss in Melted Toffee ($8, at drugstores).
Miu Miu sunglasses. **Sportmax** shirt, $545. For nails, try **OPI** Nail Lacquer in Funny Bunny ($9.50, macys.com). **See Glamour Shopper for more information.**

Model: Senait Gidey at IMG Models; hair: John Ruidant for See Management; makeup: Kristi Matamoros for Chanel; manicure: Naomi Yasuda for Streeters.



Mint Condition
"An embellished lace top over jeans has casual, cool appeal," says Derek Lam, who designed the look here. "Perfect for a first night out with a special someone." Selfie stick optional.

Derek Lam blouse, $3,790, pants, $590. **Proenza Schouler** clutch. Rings, from top: **Anita Ko,** $1,275; **Kismet by Milka,** $825; **Anita Ko,** $2,625; **Zoë Chicco,** $550; **Kismet by Milka,** $506. On him: **Tom Ford** suit. **Dior Homme** shirt. **Louis Vuitton** tie.



Date Night!

Get night-out-ready with fresh takes on after-hours dressing from the designers behind six American brands. Bonus? Actor Richard Madden (he's Prince Charming in *Cinderella*) shows you how to give good selfie.

Photographs by **Sebastian Kim**
Stylist: **Katie Mossman**

String Theory
A tank dress with a dramatic sweep of unraveling fringe, like this one by Proenza Schouler's Jack McCollough and Lazaro Hernandez, is made for the dance floor.

Proenza Schouler dress, $3,250, heels, $1,995. **Edie Parker** clutch, $1,095. **Reed Krakoff** ring, $390. **Miansai** bracelet, $185. On him: **Louis Vuitton** jacket. **Levi's Vintage Clothing** T-shirt. **Levi's** jeans. **Nike** sneakers.



Spot On

"Leopard is something you connect with immediately," says Coach's Stuart Vevers, who designed this coat. "I like that it can be uptown and feminine but also completely rebellious."

Coach coat, $995, blouse, $295. **Deborah Pagani** white gold bracelet. **Melissa Kaye Jewelry** gold bracelet. Rings, from left: **Anita Ko; Kismet by Milka,** $825; **Anita Ko,** $1,275; **Zoë Chicco,** $550; **Kismet by Milka,** $506. On him: **Levi's Vintage Clothing** T-shirt. Love her red lip? Try **L'Oréal Paris** Colour Riche Lipcolour in Volcanic ($9, at drugstores).



Film Noir

"Our approach to evening is sleek, sexy, and refined," say Cushnie et Ochs designers Carly Cushnie and Michelle Ochs. "We used cutouts here to create beautiful shapes that flatter the body rather than just expose skin." The modern way to wear a racy LBD like this? With pointy flats.

Cushnie et Ochs dress, $1,595. **Suel** ring. **Jimmy Choo** flats, $795. On him: **Prada** suit. **Marc Jacobs** shirt. **John Lobb** shoes.



She Wears the Pants
"I like to leave out the rules and encourage women to experiment," says designer Alexander Wang. "Why can't an evening look be this little crop top paired with high-waisted cigarette trousers? It's sexy."

Oh, and that guy? You know Richard Madden, 28, from *Game of Thrones* (he played Robb Stark, a.k.a. the King in the North)—and he continues to rock the nobility thing as Prince Charming in *Cinderella,* out now. "There *have* been a lot of princes, horses, and kings," admits the Scottish actor. So what drew him to this role? "You don't know much about Prince Charming. It was fun to create him from scratch," he says. And the hardest part? "My curly hair had to be straightened. It was a lot of work." Welcome to our world, Richard. —*Caitlin Brody*

Alexander Wang top, $2,295, pants, $695. **David Yurman** bracelets, ring. On him: **Marc Jacobs** shirt. **Dior Homme** tie. For her flawless complexion, we like **Physicians Formula** Nude Wear Touch of Glow Foundation ($15, at drugstores).



Pajama Party

The new nighttime topper? A fluid silk robe. "It feels unexpected," says Thakoon Panichgul, who designed this look. "Wearing a short dress underneath keeps it sexy but casual."

Thakoon robe, dress, $1,390. **Valentino Garavani** bag, $2,175. **Dinny Hall** rings, $185 each. **Oscar de la Renta** shoes, $690. On him: **Marc Jacobs** blazer. **Louis Vuitton** shirt. **Levi's** jeans. **See Glamour Shopper for more information.** Model: Heloise Guerin at Women Management; hair: Hiro + Mari Watase for Bumble and bumble; makeup: Tyron Machhausen for Bridge Artists; manicure: Casey Herman for Chanel; grooming: Amy Komorowski for Art Department; set design: Juliet Jernigan for CLM; production: Hen's Tooth Productions.



HER WORDS TO LIVE BY:
"I tell my daughter every morning, 'Now, what are the two most important parts of you?' And she says, 'My head and my heart.' Because that's what I've learned in the foxhole: What gets you through life is strength of character and strength of spirit and love."
—Viola Davis, photographed in Los Angeles

Valentino jumpsuit. **See Glamour Shopper for more information.**

Viola's Story

A young girl grows up hungry, but goes on to become an award-winning actress. Hollywood script? No, that's the real deal for Viola Davis—and the reason she's fighting to help 17 million kids just like her. By Erika Hayasaki

Photograph by **Mark Seliger** Stylist: **Sophie Pera**

"Viola is constantly turning her eyes back to the girl she once was and recognizing herself in children who don't have any great advantages. The memory of hardship is tattooed on her soul, and she works hard to open doors for these kids."
—Meryl Streep

At home in Granada Hills, California, Viola Davis opens her stainless steel refrigerator. It's stocked with almond milk, tofu, low-sugar orange juice, and organic meat. On a table there's a bowl filled with bananas; around the newly remodeled kitchen, all kinds of ingredients for smoothies. Such healthy abundance was unimaginable for Davis while growing up. As she puts it simply: "We had no food."

Until recently the actress—a two-time Oscar nominee (*The Help* and *Doubt*) who is now wowing audiences in ABC's *How to Get Away With Murder*—has kept many of the harrowing details of her childhood to herself. That changed last year, when she realized she could do something for the nearly 17 million kids in America who are hungry. She could tell her story, and she could fight for change at the same time.

Born 49 years ago on her grandmother's farm, a former slave plantation in St. Matthews, South Carolina, Davis grew up with five siblings. Her mother had an eighth-grade education; her father, who groomed horses at a racetrack, made it only to fifth grade. When the family moved to Rhode Island, they got permission to live rent-free in buildings slated to be demolished; "128 Washington Street was infested with rats," recalls Davis. She'd huddle with her sisters on a top bunk, where they'd wrap bedsheets around their necks to protect themselves from bites, horrified at the sounds of rodents eating pigeons on the roof. (Even now, she says, "When my sister and I have a nightmare, we say it was about 128.") Then, when Davis was eight, the girls won a local skit contest, which launched her passion for acting. The prize? A softball kit with a red plastic bat. Back at home one sister used it to pummel the rats.

But even harder to bear than the vermin was hunger—ever present and completely preoccupying. After the first-of-the-month welfare check arrived, Davis' parents would buy groceries, yet the food would quickly disappear. "It was like, If you don't eat it now, it'll be gone, and you're going to be hungry for the next—Lord, who knows how long," Davis remembers. She constantly plotted how to get food, befriending a boy whose mother would give her banana bread, or joining a summer program for the free Kool-Aid and doughnuts. She even remembers digging through a Dumpster. At school, she says, "I was always so hungry and ashamed, I couldn't tap into my potential. I couldn't get at the business of being me."

But somehow she did: After discovering her love of acting in high school, she earned scholarships to study theater at Rhode Island College and to attend the Juilliard School in New York City. Her screen debut was a blink of a role—a nurse in 1996's *The Substance of Fire*. But by 2001 she was winning Tonys on Broadway, the first one for playing a mother fighting for abortion rights in *King Hedley II*. Despite all the accolades since, Davis says, it has taken seven years of therapy, along with support from her husband of 11 years, Julius Tennon, and the adoption of their daughter, Genesis, now four, for her to fully accept her life in all of its success, failure, beauty, and mess. "One thing that is missing from the vision boards is what happens when you don't get what you want," she says. "Your ability to adapt to failure, and navigate your way out of it, absolutely 100 percent makes you who you are."

A journey like Davis' takes serious inner power, notes Shonda Rhimes, an executive producer of *How to Get Away With Murder* (in which Davis plays a seductive, ruthless criminal law professor and lawyer). Davis "began life [with] a profound lack of choices," Rhimes says. "Instead of settling or giving up, she built her own path all the way to the acting icon she is now. That, with her dedication to motherhood and her tireless efforts to make a difference, is inspiring."

So far, Davis has helped raise over $4.5 million for Hunger Is, a new campaign by The Safeway Foundation and the Entertainment Industry Foundation (you can learn more at hungeris.org). Friends like Rhimes and Streep are supporters, "and yes, I'm going to hit up more of my friends," says Davis. "This is the richest country in the world. There's no reason kids should be going to school hungry. Food is something that everyone should have. It just is." Her efforts are especially appreciated in her old neighborhood, where families often have to choose between a meal or medicine, according to Hugh Minor, spokesman for the Rhode Island Community Food Bank. "It is so powerful for Viola Davis to say, 'I was affected by hunger—and many people still are,'" he says. "It really is a rallying call for people to do something."

In one memorable episode of *How to Get Away With Murder*, Davis removes her makeup, eyelashes, and wig, physically and figuratively stripping herself vulnerable before confronting her husband about his infidelity. That scene was her idea. She wanted to show a woman so powerful, so put together in the outside world, taking off her mask. "I'm finally comfortable with my story," says Davis. "And I finally understand what [mythologist] Joseph Campbell meant when he said: 'The privilege of a lifetime is being who you are.'"

Erika Hayasaki, author of The Death Class: A True Story About Life, *teaches at the University of California, Irvine.*

HAIR: JAMIKA WILSON FOR EPIPHANY; MAKEUP: AUTUMN MOULTRIE FOR CHANEL

Dear American Women...

British comedian James Corden would like us all to be sillier, dream bigger—and watch *Grease*. An open letter about life and love from the new host of *The Late Late Show*.

Photograph by **Jason Bell** Stylist: **Michael Fisher**



Dearest readers of *Glamour*,

Hi, how are you? My name is James. I'm 36 years old, and soon, I hope, you'll be sleeping with me every weekday night. No! Not like that. Chill out, I'm married. The reason you'll be going to bed with me is that starting on March 23, I'll be the new host of *The Late Late Show* on CBS. I know that you take who you sleep with seriously, so I figure we should get to know each other a little bit. Or more to the point, *you* should get to know *me* and decide if I'm the right man for you.

OK, deep breath, here goes: I bite my nails, am out of shape, have been on a diet for the past five years, and often lie awake at night, wondering if the show I'm about to host will be worthy of your time. But between us, I've also been using those sleepless nights to compile a list for you, of the bits and pieces of wisdom I've picked up along the way from people far wiser than me. A lot of advice got thrown my way when I became a husband and then a father to a baby girl just five months ago; some of it was shockingly good and even helpful. So for anyone else I can help out there, here's some of the best stuff I've learned about love, confidence, and generally being a decent person in the world.

Trust that money won't make you happy. It will just pay for the search.

Realize that "meaningless one-night stands" aren't meaningless. I believe, deep down, that all the ones I've had have affected me. Some of them were good, most of them were bad, but they still had meaning. (Everything is always about sex. But sex is always about something else.)

Get your heart broken; you'll be better for it. Trust me on this. My heart wasn't ready to truly love someone until it had been broken. If you're in a place of heartache, remember that when you lay your head down tonight, somewhere else a person you may have never met is doing the same. And that person is going to love you more than the last one ever did. So look after your broken heart tonight; tomorrow could be the day it starts to mend.

That said, do not date a guy who takes gym selfies. The only thing worse than vanity is male vanity. I recently moved to Los Angeles, and I'm gobsmacked by the volume of male vanity knocking around. Is it sexy? I'm not sure it is. What's sexy is making a lasagna and eating it with your partner.

Marry someone who makes you laugh. One day you'll be old and tired; laughter will be the thing that gets you through.

Respect your body. It is what it is, so embrace it. Love every scar, ripple, and imperfection, and you won't need others to do it for you.

Be silly when you can. It's liberating. You'll feel fantastic.

Forget about age. I remember turning 25 and saying, "I'm so old!" Now I look back at 25 as the golden days of my youth. And honestly, I think that when I'm 45, I'll look at 36—my age now—in the same way. It's not how old you are; it's how you are old.

Cut yourself some slack. You're going to screw up sometimes, and there's nothing you can do about it. But what's important is not the when or the why, it's how you deal with things after. My advice? Meet it head-on and say, "I f--ked up, and I'm sorry." Make sure you mean it and learn from it, and it'll go a long way.

SET DESIGN: ROB STRAUSS. GROOMING: RHEANNE WHITE FOR SEE MANAGEMENT. KENT & CURWEN SUIT. THOMAS PINK SHIRT. ALEXANDER OLCH TIE. HERMÈS POCKET SQUARE. SEE GLAMOUR SHOPPER FOR MORE INFORMATION



Author, Author
The scribe behind four U.K. TV shows and a 2011 autobiography is now writing to you.

Have kids if you want to. It turns the world into a different place and makes you aware of so many things. There's nothing greater you can do for the world than create someone who can change it.

But recognize that being a parent is hard. I know this; I am one. Once you become one, you regret the times you ever shouted at your parents. (Sorry, Mum and Dad.)

Speaking of which, stop blaming your parents. This is a big one; we've all pointed the finger at them on some level. But it doesn't really get you anywhere. You're a planet now, not a satellite.

Never stop believing in yourself. Everyone's a fraud, so take a deep breath and go for that dream job. There is no reason it shouldn't be yours.

Try not to criticize. Everyone is, on the whole, trying their best. And if they're not, your criticism is just a waste of your time.

Netflix the following: *Ferris Bueller's Day Off; Planes, Trains and Automobiles; Grease; As Good as It Gets;* and *Dirty Dancing.* They're great movies that you won't regret watching.

Take action, however big or small. There are awful things happening in the world, but just because they're not happening on your street doesn't mean they're not happening. Try not to forget that. Do what you can. Your voice is loud and strong if you speak up.

And vote! I know that so often it can feel pointless, as if you're voting for the best of a bad bunch, but imagine if you weren't allowed to have a voice. You'd be outraged and would stand up for that power. Your vote is important. Use it.

Don't be a bully. Whether the victim is Bruce Jenner or someone in your office, stand up for them. If enough people speak out, the bully becomes the isolated one.

Live in this moment. Everything in your past is gone and everything in your future is undecided. All you really have is this moment, right now. So be the very best you can be. Let yourself shine. If you always do that, your life is going to be great. I promise.

All my love,





Beauty Now

The new rules are…there *are* no rules! Today, we've all got the freedom to rock any look we want, at any time of day. Behold model (and chameleon) Jacquelyn Jablonski with four ideas to get you inspired. By Ying Chu

Photographs by **Dusan Reljin** Stylist: **Sophie Pera**

1

These Days It's OK to Go Nude

Wear a bare face to work (or out at night) if you like. Here, makeup artist Alice Lane boosts Jablonski's #Iwokeuplikethis glow by adding pearl highlighter and a touch of blush. We like Nars The Multiple in Copacabana ($39, narscosmetics.com) on cheekbones and at inner corners of eyes. For her hint-of-pink nails, try Formula X Nail Color in Standout ($11, sephora.com).

Olivia von Halle robe.
David Yurman ring.



Brights Are *Always* a Do in Our Book

Neon colors were once only for advanced beauty junkies; now you can wear them out and about on a Saturday night and no one blinks an eye. Your best bet: Pair bright lips with black mascara and hair that's simple and undone. We like Obsessive Compulsive Cosmetics Lip Tar in Matte in Harlot ($18, nordstrom.com). For a wet-hair look, try SoftSheen-Carson Let's Jam Shining and Conditioning Gel ($5, at drugstores) on damp strands and air-dry.

Vince tank. **Melissa Joy Manning** earring.



3

Glam Works Any Day of the Week

In the past you'd need an Academy Award nod for an excuse to get done up; today this could be *you*—at a bar, at a dinner party. To keep the full lips modern, says Lane, "go with gloss and a defined Cupid's bow, not liner." Try Estée Lauder Pure Color Gloss in Plum Divine ($24, esteelauder.com) and a matching burgundy polish like Jin Soon Nail Polish in Audacity ($18, spacenk.com).

Ana Khouri ear cuff.



4

Confidence Is All You Need to Pull Off a Daring Look

From peacock eyes, seen here, to a bold new hair color (see Katy Perry on page 68), extreme beauty is the new normal. So why not really have fun? Lane suggests taking a playful, finger-paint approach with blue and purple cream shadows (we like Maybelline New York Color Tattoo Cream Gel Shadow in Tenacious Teal and Painted Purple, $7 each, at drugstores). Add mascara and black pencil along your waterline to ground the look. (Oh, and Jablonski? She's a model with a heart—see page 258.)

Joe's T-shirt. **See Glamour Shopper for more information.** Model: Jacquelyn Jablonski at IMG; hair: Ashley Javier for Art + Commerce; makeup: Alice Lane for The Wall Group; manicure: Elisa Ferri for See Management.



The Suit Reboot

Want to flex your alpha-female muscles? The new pantsuits let you lean in with *style*.

Photographs by **Miguel Reveriego** Stylist: **Beth Fenton**

The Sorta Suit
No lapels required here. A collarless jacket worn over a knit tank dress and flattering flares has all the presence of a conventional "suit."

Calvin Klein Collection jacket, $3,875, dress, $995, pants, $995. **JvdF** earrings, $90. **Jennifer Fisher** choker, $1,275. **Nancy Gonzalez** clutch, $2,850. **Georg Jensen** square rings, $185, $195. **Pilar Olaverri** ring, $750. **Alexandre Birman** sandals, $595.



The Traffic-Stopping Suit
Make a bold statement in full-on primary hues like sunburst yellow.

Tod's blazer, $1,825, pants, $625. **Grey Ant** sunglasses, $492. **Camille K** choker, $525. **L.K.Bennett** belt, $95. **Meadowlark** bracelet, $1,862. **Vita Fede** ring, $325. **Jil Sander** sandals. Love her crimson lips? Try **Clinique** Pop Lip Colour + Primer in Cherry Pop ($18, clinique.com).



The Evening Suit
The sexiest way to rock razor-sharp tailoring? With nothing underneath. Try this after-hours look with a bold lip and coordinating shoes.

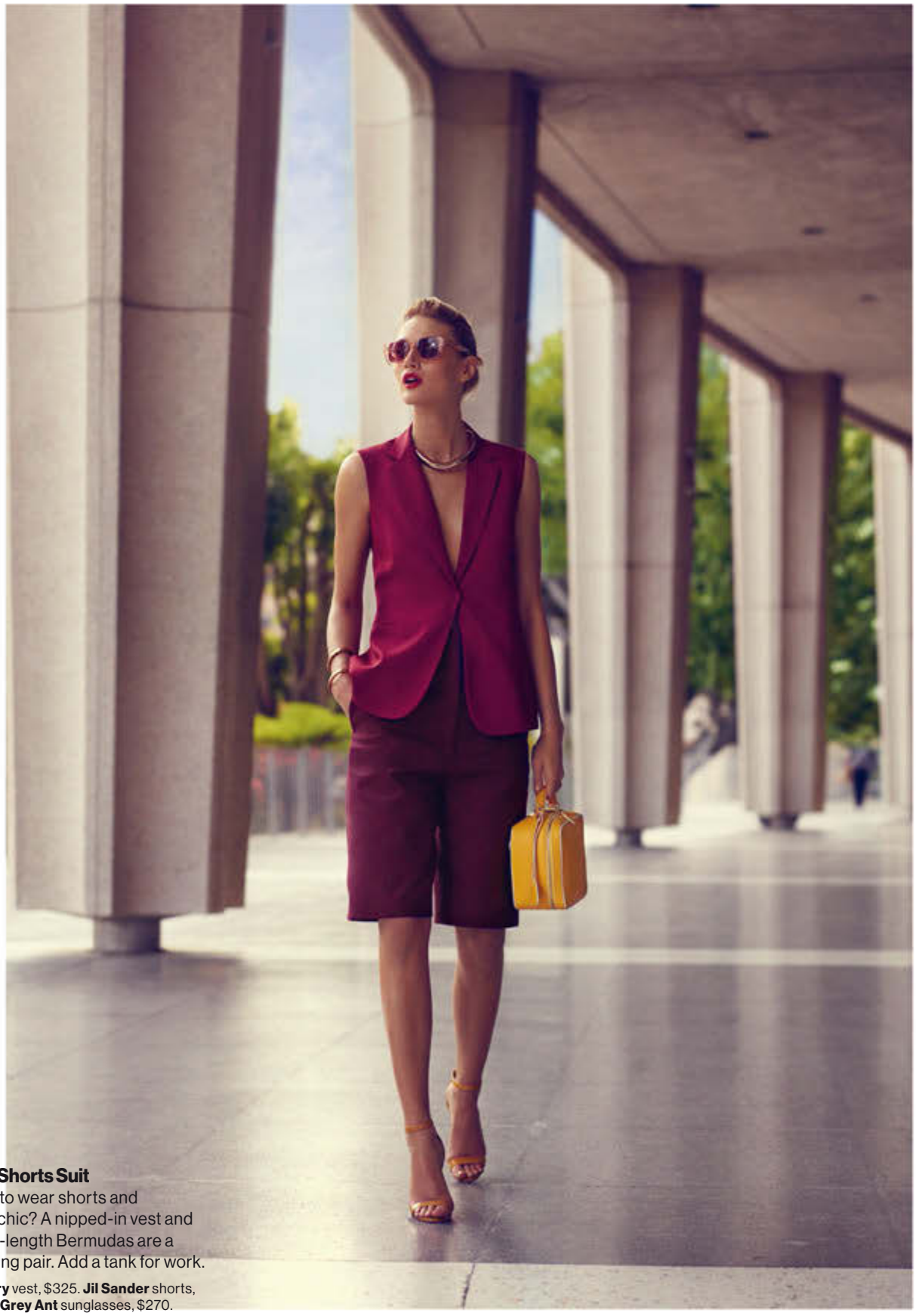
Emporio Armani jacket, $925, pants, $575. **Jason Wu for Pluma** necklace, $630. **Derek Lam** wedges, $595.



The In-Charge Suit

Want to command attention? Nothing says "boss lady" like scarlet.

Dsquared2 jacket, $1,985, pants, $1,320. **Camille K** choker, $950. **Stephanie Kantis** cuffs, $445 each. **Ippolita** bangles, $3,495 each. **Mark Cross** bag, $2,495. **Stuart Weitzman** sandals, $398. To get her high-on-top updo, we like **Pantene Pro-V** Full & Strong PowerFull Body Booster Spray ($5, at drugstores).



The Shorts Suit
How to wear shorts and look chic? A nipped-in vest and knee-length Bermudas are a winning pair. Add a tank for work.

Theory vest, $325. **Jil Sander** shorts, $770. **Grey Ant** sunglasses, $270. **Jason Wu for Pluma** necklace, $645. **Maiyet** cuffs, $495, $595. **Mark Cross** bag, $2,095. **Manolo Blahnik** sandals, $725.



The New Pinstripe Suit
An asymmetric top gives the classic pinstripe a twist. Note how matching accessories, like the white extras here, pull together all the looks on these pages.

Maison Margiela top, $1,240, pants, $620. **Jennifer Fisher** choker, $1,570. **Pilar Olaverri** cuff, $1,200, ring, $460. **Lafayette 148 New York** belt, $168. **Tiffany & Co.** clutch, $1,150. **Theory** sandals, $595. **See Glamour Shopper for more information.** Model: Michelle Buswell at The Society; hair: Peter Gray for Home Agency; makeup: Serge Hodonou for Frank Reps; manicure: Marisa Carmichael for Streeters; production: Stardust Brands.

Everything you need to know about all the good stuff you just saw

Remix That Maxi

You don't have to reserve maxidresses for the beach. (Trust us: The Tomas Maier design modeled above and on page 224 by Alessandra Ambrosio is no one-hit wonder.) Here's how to give yours real-life appeal.

1 Behold: the pièce de résistance. That print? Such a good thing. **Princess Vera Wang** dress ($68, kohls.com)



2 Next up: Add a skinny brown belt. It defines your waist—important when layering!

Michael Kors belt ($395, select Michael Kors stores, 866-709-5677)

3 Pair with slim black trousers, and boom: instant street-cred.

Lisette L Montréal pants ($116, lisette-l.com)



Cover Star

The One Product You Shouldn't Skimp On...

...and more beauty musings, from Natalia Vodianova



As a model who's worked with the world's leading makeup artists—and the face of the French beauty brand Guerlain—Natalia Vodianova (read all about her on page 218) could talk your ear off about beauty. But she knows you're busy, so instead the 33-year-old gives you a two-minute primer. Clock starts now.

Musing #1: You can find beauty icons in the unlikeliest places. "When I was growing up in Nizhny Novgorod, I watched Soviet cartoons. I remember this character Cheburashka had this sensitivity, naivete—there was beauty in her fragility, and that has always stayed with me, as an icon."

Musing #2: Invest in your skin. "I'm such a minimalist in terms of makeup, so for me, skin care is the most important thing. I'm religious about it. If you have beautiful skin, that's it." (Her pick: Guerlain Blanc de Pearle Essence in Lotion, which brightens skin and helps fade dark spots.) "And I don't go out in the sun. Well, I did when I was much younger, but not anymore."



Your Skin's New BFF: Guerlain Blanc de Pearle Essence in Lotion ($79, saks.com)

Musing #3: Move, move, move. "I walk a lot. I'm always on the move. I don't stagnate. I do Pilates twice a week. I have four children, so I always need more muscles in my back and my core. But I will say, I stopped doing yoga three years ago. I did yoga before for a spiritual reason: It cleared my head. But six months after meeting [my boyfriend] Antoine, all the anxiety I had just went away because I was so happy."

Life Advice

Viola Davis: Your New Personal Coach

The *How to Get Away With Murder* star (read about her work with Hunger Is on page 242) talks to *Glamour* about marriage, motherhood, and the meaning of life.

On looking a certain way: "When I got the role of Annalise Keating, I was like, I should lose weight. Then I started thinking, Why? The women in my life [like Annalise] are anywhere from a size zero to size 24. It's time for those women [and *all* women] to not be marginalized in what we do [on TV]."

On her marriage: "It's [writer] Joseph Campbell who said, 'When you get married, you die to yourself.' I know that's probably taboo in 2015, but truly, you die to yourself. Everything is for the good of the whole. My marriage enriches my life. It's more important than my career, more important than anything. I have to prioritize it."

On the meaning of life: "When my father was dying from pancreatic cancer—when someone you love is dying, *you're* dying—I had a big "aha!" moment about what will be the most important thing when you get to the end of life...my daughter, husband, God, my mom. That's my life." —*Erika Hayasaki*



Shop Our Shoots

New Shades? Yes, Please!

You got a preview of the season's freshest frames on page 232. Now shop the trends at prices so affordable, you (almost) won't care if you lose them.

So Well-Rounded



Guess
($79, guess.com)

Cute Cat-Eye



Jessica Simpson Collection
($55, amazon.com)

Aviators? Always.



Crap Eyewear
($62, crapeyewear.com)

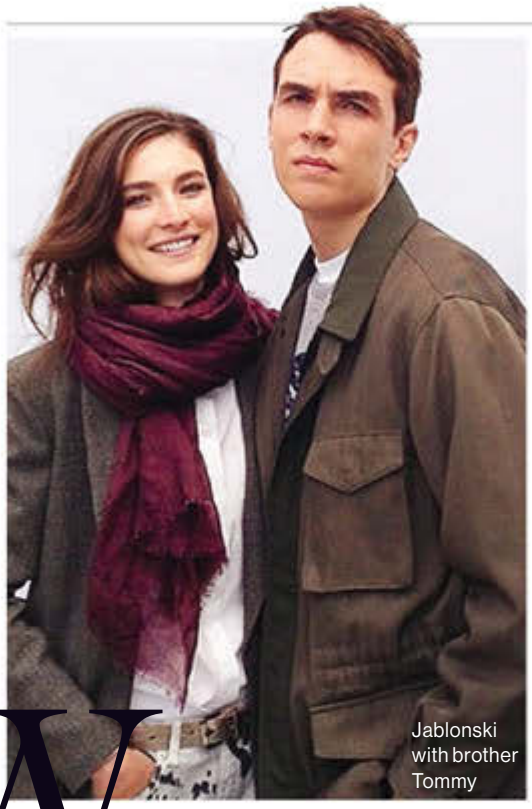
AMBROSIA VODIANOVA: **PATRICK DE MARCHELIER**. DRESS: **TIM HOUT**; SUNGLASSES: **CATHY CRAWFORD**; STYLIST FOR BOTH: JOHN OLSON FOR HALLEY RESOURCES. DAVIS: JASON LAVERIS/FILMMAGIC

continued on next page

Model Citizen

A Sister's Love

At just six years old, model Jacquelyn Jablonski (see her on page 246) was told her little brother, Tommy, had autism—and would never speak. At 24, she's fighting to make sure he's never silenced. Jacquelyn bravely explains here.



Jablonski with brother Tommy

When my brother, Tommy, was diagnosed with autism at age two, I didn't know what it meant. I was just six. I would always tell myself, Oh, they'll find a cure. He's on the severe side of the spectrum, and a doctor said he'd never talk. That's why today my family gets so happy whenever he says a new word. I try to make him sit for 10 minutes every time I'm home, to look me in the eyes and tell me about his day, but it does get frustrating: He'll start screeching, yelling. He'll try to run away, and I'll be like, "Please, sit back down." He has grown so much over the years, but it's not like you're cured down the road.

Tommy is 19 now. He's in a great school. They do a little reading and learn how to do things like clean the house. One day a week they go to a farm and work. But if he has a week off for vacation, he gets bored and acts up. He'll go up in my mom's face and be like, "Let's go—car ride, car ride." He just wants to do *something*. So imagine when his school ends at 21 and he's bored out of his mind, asking my mom for car rides all day?

Like Tommy, 500,000 teens with autism will age into adulthood over the next decade. I've met so many of these parents and families, and no one knows what to do. There aren't, for example, many job opportunities—90 percent of adults with autism are unemployed. There are homes—not many—where adults with autism can live, but they are just places to stay as opposed to grow. Basically, Tommy will have to live at home. He's looking for a job, but who knows?

I'm working on launching a foundation, Autism Tomorrow, with the goal of finding housing and jobs for this group of kids with autism reaching adulthood. I see how much Tommy enjoys working on the farm. I'd love to one day create a place like that where Tommy [and others] can live with life coaches and work...or those people who face less severe challenges can be transported to their job and back every day.

Tommy has changed my life. Growing up, he would have temper tantrums in restaurants. Today that's made me more patient and sympathetic to others. And I admire his fearlessness. We'll go skiing in Vermont, and he'll zoom past me down the mountain.

I like to go home to New Jersey to see him and the rest of my family, even if it's just for dinner on a random Wednesday. Tommy has made my family so strong, and I thank him for that.

—as told to Lauren Brown; for updates on Autism Tomorrow, follow @JLJablonski on Twitter

Bonus: Hair How-to

Get Her Glamorous Waves

Hair pro Ashley Javier, who styled the gorgeous Ms. Jablonski for our shoot, at right, delivers the step-by-step.



1. Heat up your hot rollers. Spritz blow-dried hair with setting spray. Wind two-inch sections around the set's largest rollers.

Conair Infiniti Pro Secret Curl ($60, secretcurl.com for retailers)



2. After 15 minutes, take them out. Run a paddle brush through waves once, followed by finishing cream.

Dove Youthful Vitality Silk Crème ($6, at drugstores)



3. Spritz hairspray on palms and pass over frizzies. "Hair should feel relaxed," says Javier. "*Not* like a helmet!"

Carol's Daughter Monoi Flexible Hold Hairspray ($18, carolsdaughter.com)



Fashion How-to

What to Wear *Under* Your Suit

Suits without tops? Totally a thing (see page 250). But if self-tanner, double-stick tape, and a prayer aren't your style, we've got options for undershirts.



For Day



A crewneck sweater:
J.Crew sweater ($118, jcrew.com)

For Night



A strappy bralette:
Athleta top ($49, athleta.com)

JABLONSKI WITH BROTHER: COURTESY OF SUBJECTS. JABLONSKI: **DUSAN RELJIN.** SUIT: **MIGUEL REVERIEGO.** SHIRTS: **CATHY CRAWFORD.** STYLIST: JOHN OLSON FOR HALLEY RESOURCES. KING ROBB: HELEN SLOAN/HBO/EVERETT COLLECTION. CORDEN AND GRIMSHAW: DAVE J HOGAN/GETTY IMAGES

Celebrity Game Time

The Royal Dating Game



King Robb

vs.



Prince Charming

Richard Madden played—swoon!—Robb Stark, the King in the North, in *Game of Thrones* and now *Cinderella*'s Prince Charming. We asked him how the two Royals would differ on matters of the heart.

Their choice date-night outfits

"I don't think Robb Stark would wear tight white trousers or that the Prince would wear leather and fur. So as long as they aren't wearing each other's clothes, they'd be fine."

Their ideal dates

"For Robb Stark, it would be a date where no one gets killed. And as for the Prince, one where the girl doesn't run away at the end of the night."

Their closing tactics

"To be honest, I think Robb Stark and the Prince would both want the night to end the same way, but I don't need to say what that is!"

—Caitlin Brody

About That Guy

Three Reasons We're Obsessed With James Corden

The British cut-up (read his letter to American women on page 244) is taking over the 12:35 A.M. hour as the new host



He Worships Women

Exhibit 1:
His Wife

Corden hosted *Glamour*'s 2014 Women of the Year Awards, and in an eight-minute speech, brought up his wife, Julia, 17 (17!) times. "I look at my wife and I'm in awe," he told the audience. "She's breast-feeding our daughter, feeding our son, walking our dog, paying bills... I'm just staring at the rug like it's the finale of *Breaking Bad*."

Exhibit 2:
His Daughter

Corden is the doting dad of son Max, four, and daughter Carey, six months, whom he's credited with changing his outlook on life. "Being a father to a daughter really does make you see the world in a different way."

He's Ridiculously Funny

"Damn it, sister. I gotta tell you—you is fine, gal. Honestly, Hillary [Rodham Clinton], if you come up on Tinder, I am never swiping left...I don't want to be your ambassador for defense. Your secretary for offense. I want to be your minister of romance." —Corden, at *Glamour*'s Women of the Year Awards, addressing Hillary Rodham Clinton, in the audience. (She laughed.)

"I was moaning about how exhausted I was, and my wife looked at me and said, 'Do you want to know what I've done today? I've grown eyelashes inside my stomach. I have formed a beating heart six inches below my own. So shut up moaning, get off the sofa, and get me some f--king chocolate.'" —Corden, about his pregnant wife, also at *Glamour*'s

Even Guys Can't Resist Him!

2014
Corden, with DJ Nick Grimshaw (the chemistry of these two)





2013
A tender moment with Harry Styles (jealous, much?)

2008
Yes, that's Harry Potter (OK, Daniel Radcliffe). "There's something magical about him," Corden once joked.



—C.B.

by Tracy Allen, astrologer

This April, Play Fair

It won't be easy: With a lunar eclipse hitting relationship-centered Libra on April 4, you're in for some serious personal drama. But this is your chance to compromise, and you *should*. You might have to make some sacrifices, but try to look at things from someone else's point of view. This month, the high road is your friend. Take it, and drive on.



Happy birthday, Emma Watson!
April 15

ARIES

Mar. 21–Apr. 19

You love a fresh start more than anyone, so the new moon in Aries on the 18th is your astrological birthday present. It's the stars' way of saying you deserve a makeover. It needn't be just skin-deep—your image upgrades can set the tone for your whole year. Want to get ahead at work? Shop for that promote-me outfit. Looking to meet someone new? Go for a killer night-out dress. See? Style *and* substance.

TAURUS

Apr. 20–May 20

With unstoppable Mars in your sign all month, your motivation is off the charts. So burn through that boring to-do list and get to the major stuff! Thinking of making a career change or moving to a new city? Now's your moment. That first step is tough, but you, lady, are already on a roll.

GEMINI

May 21–June 20

Venus and Gemini are teaming up on the 11th, so this is your month of flirting shamelessly. Go to that bar you've been meaning to try, and hook someone new; or take it up a notch in the bedroom with your current partner. *No* is not a word you'll be hearing a lot of this month, so revel in it!

CANCER

June 21–July 22

Good thing the 4th is a Saturday, because the lunar eclipse in your home sector that day will plunge you into nesting mode. Don't feel guilty if your ideal night is staying in and rewatching *Orphan Black*. You're juggling three planets in your career angle right now, and you need time to straight-up indulge. Your Monday self will thank you.

LEO

July 23–Aug. 22

You've been feeling a bit sluggish for the past four months while fearless Jupiter traveled retrograde in your sign, but when it starts moving forward again on the 8th, your energy will rev up until August. Sign up for a half marathon, or plan an active girls' weekend getaway. Don't let that momentum go to waste!

VIRGO

Aug. 23–Sept. 22

Restless much? Blame Mars. The adventurous planet is charging through your journey sector this month, so change things up a bit by planning a mini road trip to try a new out-of-town restaurant, or check out that art gallery that just opened. Whatever you do, "I'm bored" is off-limits.

LIBRA

Sept. 23–Oct. 22

A lunar eclipse is essentially a full moon on steroids, and when one lands in your sign on the 4th, it could feel like Armageddon. Don't panic. Figure out what's stressing you the most, then try taking that one thing off your plate. Let your cousin plan this year's family reunion, or enlist a colleague's help on a big work project. Backing out may make waves, but it'll save your sanity.

SCORPIO

Oct. 23–Nov. 21

The 21st, when empowered Pluto collaborates with assertive Mars in your relationship angle, is the day to finally confront that person you've been avoiding. Tell your sister it bothers you when she cancels last-minute, or have a conversation with a coworker who takes credit for your ideas. Standing up for yourself can help a relationship—plus it feels amazing!

SAGITTARIUS

Nov. 22–Dec. 21

With Jupiter turning direct in your education house on the 8th, and Mars challenging Jupiter on the 17th, the planets are telling you to hit the books if you want to move up at work. Pick the skill (HTML coding? grant writing?) that is missing from your office, and focus on learning it now.

CAPRICORN

Dec. 22–Jan. 19

With lusty Mars in your romance and creativity sector, things are heating up for you. Attached? Surprise your partner with a steamy hotel weekend. Single? Grab a camera, sketch pad, or journal, and reconnect with your artsy side. Either way, get *something* in the works, and you're in for one interesting month.

AQUARIUS

Jan. 20–Feb. 18

Half the planets are making an appearance in your domestic angle in April, so no matter how hardworking and social you are, you'll want to hang at home. Take this as your cue to make your place as comfy and beautiful as possible—throw pillows and a fresh coat of paint can go a long way.

PISCES

Feb. 19–Mar. 20

From the 2nd until the 8th, clever Mercury and the energetic sun in your money house sync with brilliant Uranus and generous Jupiter in your job sector. Use the energy to boost your income (tutor your friend's kid for a couple of hours, or pick up a part-time gig), then send that extra cash to savings—even small amounts add up!

JEFF VESPA/WIREIMAGE

Get your daily forecast at **glamour.com/horoscopes** and check out a new video series with astrologer Susan Miller.

The Get-It Guide

All the info you need to buy the stuff you love in this month's issue

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All prices are approximate.

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Sunny Side Up!

The Dos & Don'ts of fashion's new citrusy-delicious yellow obsession. Take notes.



When wearing yellow, Don't go for the mutant-dandelion effect.

Individually each item *could* work. All together (and with that hat? Can you *see* that hat?) it's too matchy-matchy.

Make It a Do

Whether you're craving texture (Solange's knits), cocktail chic (Olivia Palermo's flirty dress), or city cool (the cute peacoat above), yellow is a statement in itself. To avoid going all Big Bird, keep styling minimal (think Kate's bright lip), or choose *one* statement item. Perfect!

LONG GOWN: DAVID M. BENETT/GETTY IMAGES. BLACK SUNGLASSES: VICTORIA ADAMSON/BLAUBLUT EDITION/TRUNK ARCHIVE. STRIPES: FRENCHY STYLE/BLAUBLUT EDITION/TRUNK ARCHIVE. SUNGLASSES, LONG HAIR: SANDRA SEMBURG/BLAUBLUT EDITION/TRUNK ARCHIVE. PALERMO: CANDICE LAKE/BLAUBLUT EDITION/TRUNK ARCHIVE. RATAJKOWSKI: DAVID M. BENETT/GETTY IMAGES FOR INSTYLE AND EE BAFTA. SOLANGE: GVK/BAUER-GRIFFIN/GC IMAGES. HUDSON: ROBIN MARCHANT/WIREIMAGE. DON'T DRESS: DAVID FISHER/REX/REX USA. DON'T HAT: WENN.COM


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